CHESTERFIELD COUNTY

Providing a FIRST CHOICE community through excellence in public service

Parks and Recreation Program Guide



Ms. Kisha Brown's second grade class at Harrowgate Elementary School outside the soon-to-be-opened classroom at Rockwood Nature Center.

Summer 2004

Did you know that nearly 20 percent of the 450-mile-long James River flows through the Richmond region?



From the Director's Desk

The very lifeblood of our metropolitan area, the James River offers incredible scenery, natural resources, recreation, culture and a rich tradition of history.

As part of our river culture, Chesterfield County joins with the James River Advisory Council every year to coordinate the support of other agencies and nonprofit organizations in a celebration of the beauty and benefits of the James.

We call that celebration James River Days.

Running from April through September, James River Days offers programs, events and activities in, on and around the river.

This year's celebration has grown, in part, because of funding from corporate organizations, such as Galyan's, the area's newest sporting goods retailer.

A new program for this summer will include a free fishing workshop with Woo Daves – the 2000 BassMaster's Classic World Champion. The workshop will be sponsored by Galyan's, The Holiday Inn Koger Center, Chesterfield County Parks and Recreation and will be featured among James River Days' offerings. (See page 21 for details.)

Other James River Days activities include a Shockoe Bottom tour that focuses on the river's industrial and commercial history, a women's whitewater kayak beginner course, a river rescue program and a "Diversity on the River" series.

These programs, combined with some 150 others, illustrate how we can tap the lifeblood of the James as an energizing resource to embrace our outdoor world.

MUCOUL

Mike Golden, Director Chesteffeld County Parks and Recreation

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The mission of the Chesterfield County Parks and Recreation Department is to provide a comprehensive system of leisure programs, educational opportunities and recreational facilities for all its citizens while conserving and protecting environmental, historical and cultural resources. We will promote community involvement in developing and providing leisure services. The department will ensure customer service excellence, affordability, equal opportunity, a safe environment and access for all citizens.

At Your Service – The Parks and Recreation staff is here to help you!

Athletic Programs

Bill Carlson, 748-1128 Kelly Hedley, 748-1122 Susie Owens, 751-4199

Community Buildings

Bensley: Dennis Barnes, 275-5321 Ettrick: Tonya Jones, 526-5596

Community Recreation

Dave Caras, 748-1132 Jackie Maclin, 748-1123 Mark Pinney, 748-1992

Senior Adults: Judy Jones, 751-4135

Therapeutic Recreation: Erika de Witt, 751-4134

Nature Programs

Mark Battista, 706-9690 Judy Brown, 745-7020 Nature Center, 674-1629

Outdoor Adventure Programs

Noel Losen, 748-1129 Greg Velzy, 748-1124 Challenge Course, 751-4133

Park Information

Main Parks Office: 748-1624

Dodd Park at Point of Rocks: 530-2459

Huguenot Park: 323-1700

Daniel Park at Iron Bridge: 271-7554

Rockwood Park: 276-6661

Athletic Leagues-Adult

The Chesterfield Parks and Recreation Department sponsors or cosponsors numerous adult and youth leagues that offer a variety of sports. The department, in cooperation with county schools, provides the facilities necessary for the operation of these leagues.

Softball

Chesterfield County Parks and Recreation Fall Coed Softball League

Games on Tuesday and Wednesday nights, and Sunday afternoons, at Daniel Park at Iron Bridge and Bird Complex starting in August. A league fee of \$330. Includes a seven-week, 14-game season and all game balls. T-shirts for the winning teams Details: Kelly Hedley, 748-1122

Course #9862

Chesterfield County Parks and Recreation Fall Women's Softball League

A new county-run league that will be held on Tuesday nights at Daniel Park at Iron Bridge starting in August. The league fee is \$220. Includes a seven-week, 14-game season with all game balls. USSSA rules and umpires.

Details: Kelly Hedley, 748-1122

Course #9863

Chesterfield Softball Association (Men's Softball)

Offers many men's leagues throughout the county. A league meeting will be held in August; games begin in September. Teams and individuals may sign up.

Details: 768-4252

Southside Churches Recreation Association

Offers men's, women's and coed leagues for area church teams.

Season starts in August.

Details: Debbie Synder, 271-4683

Senior Softball

The association consists of two leagues that play at Bird Complex. The coed league (Keith Mottas 763-0807 or Keith@chesterfieldsoftball.com) plays on Monday nights for men 50 years old and older and for women 40 years old and older. The men's league (Terry Thigpen 852-0462 or Thiggy70@aol.com) plays Thursday nights for men 50 years old and older. The fee is \$60 for Chesterfield County residents, but women playing in the coed league for the first time pay \$30. Non-county residents are charged an additional \$10.

Basketball III

Chesterfield County Adult Fall Basketball League

Chesterfield County Parks and Recreation will be accepting teams interested in playing in the Fall Basketball League. Games are played on weeknights at various school sites. The fall league will start in mid-September, and the league fee will be \$450. A captain's meeting will be held on the night of the first game. Details: Kelly Hedley, 748-1122

Course #9865

Looking for a team? New to the area?

If you are interested in forming a team, getting on a team, or if you need a few more players on your team, contact Kelly Hedley at 748-1122, or Hedleyk@chesterfield.gov

Nonresident Fee

Fees are charged to nonresidents of Chesterfield County who wish to participate in department and cosponsored athletic activities. The fee is \$10 per person, per sport and applies to all adult and youth leagues, teams, open gyms and individuals. Noncompliance may lead to a denial of the privilege of using county facilities.

Tennis

For information on area adult tennis leagues, please contact Kelly Hedley at 748-1122

Soccer

American International Soccer League

The soccer league plays at Clover Hill Athletic Complex on Sundays. Details: Roberto Contreras Jr., 276-9282 or 833-3362

Capital Area Soccer Association

The association consists of three divisions: men's 20 years old and older, men's 30 years old and older, and men's 40 years old and older.

Details: CASA Hot line, 794-5259

Chesterfield Women's Soccer

An 18 years-old-and-older division, and a 30 years-old-and-older division are offered. Games played on Sundays, starting in September.

Details: 346-1998.

Chesterfield Parks and Recreation Coed Soccer League

This recreational coed league is for adults 18 years old and older. Games will be played on Thursdays at the Clover Hill Soccer Complex starting in June. The league fee for the eight-week season is \$30 per player or \$400 per team. Shirts are included in the fee. Rain make-up games will be played on Mondays. A league meeting will be held at the field on Thursday, June 17, at 6:30 p.m., followed by scrimmages.

Details: Kelly Hedley, 748-1122 Course #9864

Volleyball

Sand Volleyball Leagues

Chesterfield County Parks and Recreation is pleased to offer a new Sand Volleyball League on the sand courts at Daniel Park at Iron Bridge. This coed and women's four-on-four league will be played Monday and Wednesday nights and will run from late June through late August.

Details: Kelly Hedley, 748-1122 Course #9909

Adult Volleyball Leagues

Chesterfield County Parks and Recreation will offer competitive and recreational volleyball leagues for coed and women's teams. A competitive coed league will be held Monday nights; a recreational coed league and women's league will be held Wednesday nights. All leagues begin in mid-September and play at Manchester Middle School. The league fee for either a competitive or recreational team is \$240. The fee for an individual is \$30. A league meeting will be held on the first night of play at 6:30 p.m. at Manchester Middle followed by scrimmages. All teams will be called with the exact date and time.

Competitive League Course #6745
Recreational League Course #6746
Women's Recreational Course #9868
Men's Recreational Course #9910

Details: Kelly Hedley, 748-1122.

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Athletic Leagues-Youth

The Chesterfield Parks and Recreation Department sponsors or cosponsors numerous adult and youth leagues that offer a variety of sports. The department, in cooperation with county schools, provides the facilities necessary for the operation of these leagues.

Baseball and Softball

Chesterfield County cosponsors several youth baseball and softball programs from September through October. Practices start in August. Games begin in the fall.

Chesterfield Baseball Clubs Inc.

This unique countywide program is for youths 5-18 years old. Teams are fielded by local athletic associations.

Details: Bruce Strickland, 790-1719 or www.cbcbaseball.com

Chesterfield Little League

This baseball program is for youths 5-18 years old. Teams will practice and play in the Hull Street Road corridor.

Details: 254-2374 or www.eteamz.com/cllbb

Central Chesterfield Little League

Practice and play in the Courthouse Road corridor and south.

Designed for youths 5-18 years old. Details: 271-0160 or www.ccll.us

Huguenot Little League

For youths 5-18 years old. Practices and games held in the Midlothian Turnpike corridor.

Details: 323-6357 www.hllball.org

Chesterfield Youth Softball Association

League offers slow-pitch and fast-pitch softball for youths

5-18 years old. Countywide program. Details: 254-1880 www.cysainc.com

Chesterfield United Girls Softball

This A.S.A. and A.F.A. sanctioned fast-pitch program is for girls 12-18 years old. Play at various sites throughout the county. Details: Milton Simmons, 743-1336

Football

Chesterfield Quarterback League

Countywide youth football league for 6-14 year olds. Teams are fielded by local athletic associations. Practices start in August. Saturday games begin in September around the county. Details: 778-7888.

Chesterfield Metro Football Association

(Affiliated with Metro Youth Football Association)
Offers football and cheerleading to 6-14 year olds. Uses Virginia
High School League rules and enforces a "must-play rule" for
all participants. Practice starts in August. Details: Lou Lippa at
743-1328.

Cheerleading

Chesterfield Cheerleading League

For youths 8-15 years old, with flag cheering for 5-7 year olds. Competitive squads for those in grades 4-12. Tryouts through May. Cheer at Chesterfield Quarterback League football games. Register through your local athletic association.

Soccer

Countywide soccer program for youths 5-18 years old. Games are played Saturdays, starting in September, at various park and school sites. The program consists of six-member leagues that offer in-house and select travel teams. Register through area soccer associations:

Chesterfield Soccer Club 796-3030 www.chesterfieldsc.com
F.C. Richmond Soccer League 897-5200 www.fcrichmond.com
James River Soccer League www.jrusoccer.com
Midlothian Youth Soccer League 744-8505 www.mysl.com

Pocoshock Youth Soccer League 276-1454 Richmond Kickers 359-7200

Field Hockey/LaCrosse

Swift Creek Sports Club

A recreational league for youths 8-19 years old. Offers field hockey and lacrosse throughout the county. A must-play rule is enforced. Recreational and travel teams. Affiliated with USFHA and USLA.

Details: 539-SCSC (7272) www.swiftcreeksportsclub.com

Athletic Associations

Many youth sports require registration through a local athletic association. To find out which association serves you and to receive information about how to register, call 751-4199. Associations are listed below.

Bellwood	Crenshaw	Harrowgate	Robious
Bensley	Davis	Hening	Salem
Beulah	Enon	Hopkins	Smith
Chalkley	Ettrick	Jacobs	Spring Run
Christian	Evergreen	Matoaca	Swift Creek
Chester Sports	Falling Creek	Midlothian	Wells
Boosters	Gates	Providence	Woodlake
Clover Hill	Gordon	Reams Road	Woolridge

Nonresident Fee

Fees are charged to nonresidents of Chesterfield County who wish to participate in department and cosponsored athletic activities. The fee is \$10 per person, per sport and applies to all adult and youth leagues, teams, open gyms and individuals. Noncompliance may lead to a denial of the privilege of using county facilities.

Adverse Weather Hot Line:748-1001

Field Closings and Facility Closings

Field Closings: Decisions regarding weekday field closings due to weather conditions are not made until 4 p.m. weekdays. Decisions regarding games at outdoor school sites are made by league commissioners.

Facility Closings: If you are not sure about the status of a facility or activity, first call the hot line, then try the appropriate staff, and then Parks and Recreation at 748-1623.

Community Buildings-Bensley

For more details on Bensley programs, call Dennis Barnes Jr. at 275-5321.



The Chesterfield County Parks and Recreation Department is excited to offer youths, adults and senior adults a wide variety of programs at the Bensley Community Building. These programs consist of classes, workshops, special

events and craft programs are made possible by Chesterfield County and a Community Development Block Grant.

Available for rent

The Bensley Community Building, Bensley Park, 2900 Drewry's Bluff Road, is rented on a first-come, first-served basis. An hourly charge will be applied. The 5,000-plus- square-feet building contains an arts-and-crafts room and a multipurpose room. For more information, about classes, special events and rentals, please call Dennis Barnes Jr., 275-5321.

Fitness Blood Pressure Check

Follow Light 'n' Lively Aerobics with a free blood pressure check. A Colonial Heights Convalescent Center nurse will be on-site the first Wednesday of each month at 10 a.m. Everyone is welcome. No registration is required.

Light 'n' Lively I Aerobics III

An aerobic workout that includes exercises and basic steps set to music, this class is designed for participants who have never taken an aerobic class, have not exercised on a regular basis or need to exercise at a slower pace. The class includes a low-impact cardiovascular workout with warm-up and cool-down exercises, followed by strength training and stretching. In structor: Lois Hofstra. Classes are held 9-10 a.m.

Date	Fee	Course#
Tuesdays, May 4-June 8	\$9	9604
Thursdays, May 6-June 10	\$9	9605
Tuesdays, June 15-July 20	\$9	9606
Thursdays, June 17-July 22	\$9	9607
Tuesdays, July 27-Aug. 31	\$9	9608
Thursdays, July 29-Sept. 2	\$9	9609

Light 'n' Lively II Aerobics III

This class is designed to increase your heart rate and keep it there. It includes a warm-up exercise, a 30-minute cardiovascular and cool-down segment, followed by 30 minutes of strength training and stretching. Instructor: Lois Hofstra.

Classes are held 9-10 a.m.

Date	Fee	Course#
Mondays, May 3-June 7 (Not held 5/31)	\$7.50	9602
Wednesdays, May 5-June 9	\$9	9599
Fridays, May 7-June 11	\$9	9603
Mondays, June14-July 19 (Not held 7/5)	\$7.50	9600
Wednesdays, June 16-July 21	\$9	9601
Fridays, June 18-July 23	\$9	9595
Mondays, July 26-Aug. 30	\$9	9596
Wednesdays, July 28-Sept. 1	\$9	9597
Fridays, July 30-Sept. 3	\$9	9598

Mind Challenge

Your brain needs exercise. Come out and challenge your mind and work out your brain. Participants 50 years old and older will work on three-dimensional problems while having fun! Instructors: Jan Olson and Justin White.

Tuesday, May 11, 1-2:30 p.m.

FREE Course #9675

Body Toning III

This class combines hand weights and body resistance to tone and strengthen muscles. A relaxing total body stretch will complete each class. Stronger muscles help burn more calories, reduce the risk of osteoporosis and improve the quality of daily activities. Well-toned muscles help you look and feel great! This class is for people of all fitness levels. Instructors: Mindy Conklin and Anne Hale. Classes held 10:15-11:15 a.m.

Date	Fee	Course#
Tuesdays, May 4-May 25	\$10	9616
Thursdays, May 6-May 27	\$10	9617
Tuesdays, June 1-June 22	\$10	9618
Thursdays, June 3-June 24	\$10	9619

Sit and Be Fit/PACE

Join this long-running program with some new twists! Designed for older adults with limited mobility, this adaptivemovement program is less intense than Light 'n' Lively Aerobics. Stretch, tone and socialize to a variety of upbeat music, all from the comfort of your chair. Elements of PACE (People with Arthritis Can Exercise) will be incorporated. Instructor: Lois Hofstra.

Classes held 10:15-11:15 a.m.

Date	Fee	Course#
Mondays, May 3-June 7 (no class 5/31)	\$6.25	9610
Wednesdays, May 5-June 9	\$7.50	9611
Mondays, June 14-July 19 (no class 7/5)	\$6.25	9612
Wednesdays, June 16-July 21	\$7.50	9613
Mondays, July 26-Aug. 30	\$7.50	9614
Wednesdays, July 28-Sept.1	\$7.50	9615

Find more programs for older adults on pages 7, 15, 16 and 17.



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Community Buildings-Bensley

For more details on Bensley programs, call Dennis Barnes, Jr. at 275-5321.

Youth Programs Karate-for Kids III

Learn self-defense, physical fitness, coordination, balance and discipline in this ongoing program for youths, 8 years old and older. Students will earn different belts as they progress in the program. "Student of the Month" awards also will be given. Otis "Randy" Jones, along with his staff, will instruct this class. Tuesdays and Thursdays, 6-7 p.m.

May 11-June 24 Course #9551 \$30 July 6-Aug. 9 \$30 Course #9552

Hang Time

This is a FREE youth program for 10-14 year olds. The Hang Time program will provide your child an opportunity to participate in sporting activities, arts and crafts, and field trips in a safe structured environment. Bring your friends or meet new ones in the Hang Time program. Field trips may include canoeing, hiking, bowling and the Chesterfield Challenge Course. Course #9549 Tuesdays-Thursdays, May 4-July 1, 3-5:30 p.m. Tuesdays-Thursdays, July 6-Sept. 2, 3-5:30 p.m. Course #9550

End-of-School Teen Dance

This teen dance for youths 12-16 years old will be a safe and supervised environment for your children to have fun and boogie! Music and lights will be provided by DJ Warren and light refreshments will be served. Free photos will be available, and door prizes will be given away. Parents are required to sign in their children at the door and are encouraged to chaperone. You must register your child by Friday, May 28. Ages 12-16.

Friday, June 4, 6:30-9 p.m. Course #9672

Map and Compass Fun Day

Learn to read maps and use a compass as we hunt for hidden treasure! This class is for youths, 10-17 years old. Class size is limited to the first 10 participants, so register early. In structor: Jan Olson. Friday, July 16, 10 a.m.-noon FREE Course #9674

Beginning Spanish III

This class is for beginners! Be ready to begin speaking in Spanish. Learn verbs and use them in short sentences. Learn basic vocabulary such as words for colors, days of the week and numbers.

Bensley Community Building

Mondays and Tuesdays, July 12-27, 6-7 p.m. \$25 Course #9666 Details: Mark Pinney, 748-1992

Intermediate Spanish III

Do you want to improve your Spanish-language skills? Then register now for this class and learn short sentences and develop conversational skills.

Bensley Community Building Mondays and Tuesdays, 6-7 p.m. May 17-June 8 (no class 5/31; 6/1)

\$25 Course #9812

Details: Mark Pinney, 748-1992

Creative Crafters

Instructor Bobbi Whitlock provides all materials for these fun crafts. Classes will be held from 9 a.m.-1 p.m.

Learn to paint a patriotic-themed birdhouse on a piece of slate. Friday, May 14 Course #9594

A Beautiful Horse

Paint a horse theme on a piece of slate.

Friday, June 11 Course #9622

Backyard Kitties

Learn to paint six cute kittens and a mouse on a craft to display. Friday, July 9 Course #9623 \$10

Fool the Eye

Create an optical illusion by painting a place setting on a placemat.

Friday, Aug. 13 Course #9624 \$10

Canasta and Dominoes

Join this group as we play canasta and dominoes for fun. This program is free for everyone to enjoy! People of all skill levels are encouraged to participate. Program is ongoing.

Tuesdays, 1-4 p.m. **FREE**

Details: Call Peggy Oliver at 739-2688

Pinochle Club

Meet new friends while playing pinochle. Bring your lunch and spend some time with us. Beginners need groups of four to learn to play. Program is ongoing.

Wednesdays, 10 a.m.-4 p.m. **FREE**

Details: Hazel Harper, 275-0339

Social Bridge

This program is for players who have intermediate skills. Players who cancel must find a replacement. Players rotate tables and must pre-register one week prior to playing.

Thursdays, 9:30 a.m.-1 p.m.

Details: Joyce Wenberg, 275-5842 or Frances Howell 560-0626

Bunco

Join this group as they play BUNCO. This program is for players with intermediate skills. Beginners are welcome to come and learn. Every first and last Monday of the month, 10 a.m.-noon. Details: Dennis Barnes, 275-5321

Find the TT button!

Whenever you see this symbol next to a program, it indicates that you can use our easy, Touch-Tone Registration process. See page 29 for details.



Community Buildings-Bensley

For more details on Bensley programs, call Dennis Barnes Jr. at 275-5321.



Special Events

"Leading Ladies of Song" at Bensley

Come see Cheri Amour Productions belt out a wide array of songs from popular leading ladies who have kept America humming for the last century. Light refreshments will be available.

Friday, May 21, 12:30-2 p.m. Course #9627

Special-Event Potluck

Enjoy this special-event-potluck luncheon with a collection of Maurice Chevalier songs performed by Burean Martin and the Southeastern Theatrical Production Company. Participants are asked to bring a favorite dish to share.

Monday, June 28, Noon-2 p.m. FREE Course #9625

Family Day Potluck III

Bring your family to a cookout. Share your favorite dish, enjoy karaoke and play games.

Monday, Aug. 9, Noon-2 p.m. FREE Course #9626

Special Interest Photographic Journaling III

Experience a photography class that will examine, construct or reconstruct family portraits, vacations and other personal images into a creative journal. Participants are asked to bring a camera and purchase a journal.

Instructor Debra Dillworth.

Tuesdays, May 4-June 1, 9-11:30 a.m. \$30 Course #9805

Jewelry-Making Class

Come and enjoy a creative jewelry-making class with instructor Karen Woehrle. Classes will be held 9 a.m.-noon.

Tuesdays, June 8, 15

\$18 Course #9758

Outdoor Recreation Canoe Trip for Seniors III

Whether this is your first time paddling or you are an experienced paddler, this adventure is for you! We will be exploring the islands, labyrinths and ship graveyards of the Dutch Gap Conservation Area. The trip is for participants who are 50 years old and older and includes transportation, interpretive guide, canoe or sit-on-top kayak, and accessory gear. Paddling time will be approximately two hours. Bring a lunch. Register by May 28. Depart: Bensley Community Building, 10:30 a.m. Return 2:30 p.m. Friday, June 4 FREE Course #9671

Senior Challenge Day

You're invited to challenge yourself at Chesterfield Parks and Recreation's highly acclaimed Challenge Course! This trip, for participants 50 years old and older, will let you experience the low elements of the course designed to promote an individual's initiative and confidence. Transportation will be provided. Bring a lunch. Tuesday, May 18, 11 a.m.-3 p.m. Course #9673

> Find more programs for older adults on pages 6, 15, 16 and 17.

Community Buildings-Ettrick

For more details on Ettrick programs, call Tonya Jones at 526-5596.

The Chesterfield County Parks and Recreation Department is excited to offer youths, adults and senior adults a wide variety of activities at the Mayes-Colbert Ettrick Community Building. All classes,



workshops, special events and craft activities are made possible by the cooperative effort of Chesterfield County and a Community Development Block Grant. For more details call Tonya Jones, Center Director, 526-5596.

Available for rent

The Mayes-Colbert Ettrick Community Building, Ettrick Park, 20400 Laurel Road, is rented on a first-come, first-served basis. An hourly charge will be applied. The 5,000-plus-square-foot building contains a kitchen, arts-and-crafts room, conference room and a multipurpose room. For more information and rentals, please call Tonya Jones, 526-5596

Fitness Blood Pressure Checks

Stay in touch with your health. A registered nurse from the Colonial Heights Convalescent Center will be on site monthly for these checks. No registration is required for this ongoing activity. Third Tuesday of each month, 10-10:30 a.m. FREE

Cardio Kick 'n Ball III

Jab, punch, shuffle, kick and duck your way to fitness! This party workout will engage your mind and body as you increase your cardiovascular fitness. Then join the FUN as we incorporate exercise tools, such as stability balls, body bars, resistance tubing and weights, to improve balance, posture, muscular strength and lower-body conditioning. A yoga-style relaxation stretch concludes the session. This is one action-packed class!

AFAA Certified Instructor: Susan Milazzo Mondays and Wednesdays, 5:45-6:45 p.m

May 3-June 9 \$27.50 Course #9742 June 14-July 21 \$27.50 Course #9743 July 26-Aug. 30 \$27.50 Course #9744

E Z Fit 🞹

This fun low-impact aerobics class is packed with moves that will get your heart pumpin'. Basic aerobic routines will involve a light warm-up followed by stretches. The party begins as we "grapevine" to a healthy heart. You also will enjoy the muscular conditioning segment, which will improve strength and posture, reduce the risk of lower back injuries and aid in weight management. Yoga style relaxation stretches conclude the class. For those 30 years old and older.

AFAA Certified Instructor: Susan Milazzo.

Tuesdays and Thursdays, 9-10 a.m.

 May 4-June 10
 \$30
 Course #9739

 June 15-July 22
 \$30
 Course #9740

 July 27-Aug. 31
 \$27.50
 Course #9741

Super Senior Sittercise III

Explore lyrical movement, low-impact stretching and rhythmic patterns. This adaptive movement will be done from a seated position. AFAA certified aerobic instructor will lead each class. For those 50 years old and older.

Tuesdays and Thursdays, 10:30-11:30 a.m.

May 4-June 10 FREE Course #9730
June 15-July 22 FREE Course #9731
July 27-Aug. 31 FREE Course #9732

Annual Neighborhood Bash 🎹

Food, fun and friends! Come celebrate our nation's Independence Day a little early at Ettrick Park. There will be live music, games, giveaways and a lot more! All ages are welcome. Tickets will go on sale at the Ettrick Community Building starting Monday, June 7. Saturday, June 26, Noon-3 p.m. \$3 Course #9734

Leading Ladies of Song III

Cheri Amour Productions is on the road again. This year Cheri, a top-notch professional vocalist, will take you back in time with "Leading Ladies of Song." From Lena to Liza, from Ella to Ethel and from Judy to Julie, great ladies of song have kept America humming for the last century.

Tuesday, May 25, 11 a.m.-1 p.m. \$3 Course #9733

Special Interest Expressive Movement

This exercise class, for people with disabilities, will focus on stretching and toning. Participants will benefit from a cardiovascular workout that is fun and innovative. Please call one week in advance to register. Mondays, 11:30 a.m.-noon

Creative Bits and Pieces

Get crafty during this specially designed art program for people with disabilities. This program will include painting and crafts designed to increase creativity. Space is limited. Please call one week in advance to register.

Third Wednesday of each month, 11:30 a.m.-12:30 p.m. FREE

Big Slammers Bridge Club

Meet every Monday for an exciting game of duplicate bridge. Beginners are welcome for this ongoing program.

Mondays, 12:30-5 p.m.

Details: Dr. Jimmie Battle, 526-7761

Friendship Café

The Senior Connections, The Capital Area Agency on Aging's, Friendship Café is a gathering place for seniors who are 60 years old and older. A hot midday meal, good friends and diverse activities, such as exercise, games, crafts and health education assure that seniors remain connected to the community while meeting their nutritional needs. Prospective participants must complete an application and assessment to determine eligibility for Friendship Café.

Tuesdays-Thursdays, 9:30 a.m.-1 p.m. Details: Charlotte Cole, 343-3029

Community Buildings-Ettrick

For more details on Ettrick programs, call Tonya Jones at 526-5596.

Youth and Teen Programs Creative Play III

Calling all "mini-Monets" who are 2-6 years old! Come explore your creative side through games and crafts. Learn cooperative play, develop motor skills and make new friends. Each day will include structured group play along with a craft project. Special holiday parties are included to display your child's work.

First and third Wednesday of each month

May 5, 19; June 2, 16; July 7, 21; August 4, 18

10:30-11:30 a.m. Course #9748

Details: Tonya Jones, 526-5596

Kickin' Karate for Kids

This ongoing program for youths 7-12 years old is appropriate for all belt levels, including beginners. Carrie Irving, certified Master Instructor, will teach self-defense, safety awareness, self-discipline, respect and how to avoid dangerous situations. Students may earn achievement awards, such as ribbons, certificates, medals and "Student of the Month" certificates. Uniforms may be purchased for an additional fee.

Mondays and Wednesdays, 7-8 p.m

May 3-June 9	\$23	Course #9745
June 14-July 21	\$23	Course #9746
July 26-Aug. 30	\$23	Course #9747

Tough Tots-Little Dragons Karate Club III

Get ready for some kickin' karate, kids style! This program is designed to enhance self-confidence, self-esteem and physical fitness in kids 4-6 years old. Carrie Irving, certified master instructor, will teach these tots respect, discipline and stranger danger.

Tuesdays, 6-7 p.m.

May 4-June 8	\$20	Course #9750
June 15-July 20	\$20	Course #9751
July 27-Aug. 31	\$20	Course #9752

Chill Time

Our game room is open to youths, 9-15 years old, to enjoy games, movies, group projects, arts and crafts, and other planned activities. A teen center staff member will be available to interact and supervise youths while in the building. For weekly information and more details, please call 526-5596 or stop by the building. Parents or guardians must complete a registration form for each participant. Ongoing throughout the school year.

Mondays-Thursdays, 4-6 p.m. **FREE**

Details: 526-5596

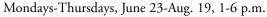
Registration begins Monday, April 26, 2004. See page 31 for details.

Teen Registration Night

Summer fun is just around the corner. Come out to the center to sign up for the Youth and Teen Center. Staff will be available to pass out information packets, answer questions and assist with registrations. All registered participants will receive an ID badge. Light refreshments will be served. Thursday, June 17, 6-7 p.m.

"TGI Summer" Ettrick Youth/Teen Center

Socialize, share a laugh and make a new friend! Learn to be part of a team and develop leadership skills. The Ettrick Youth and Teen Center is a place where youngsters 9-15 years old can explore their interests and build new ones. Activities will include billiards, foosball, movies, ice cream socials, field trips and much more.



FREE (nominal fee for trips)

Back To School Jam

Mark the date on your calendar and get ready for the event of the summer. Dance the night away as a disc jockey spins your favorite tunes. There will be light refreshments, photos for your scrapbook and lots of giveaways! Tickets go on sale Monday, Aug. 2. Buy yours early! The dance is open to the first 60 people who are 9-15 years old.

Friday, Aug. 20, 6:30-9 p.m.

Crafts III

Buggy Ride

We will paint an old-fashioned buggy. Course #9836 Saturday, May 15, 9 a.m.-1 p.m. \$10

Votive Candle Holder

Paint a wooden votive holder with a little village.

Saturday, June 19, 9 a.m-1 p.m. Course #9840

Angels Watch Over Thee

Paint this lovely plaque.

Saturday, July 17, 9 a.m.-1 p.m. Course #9839 \$10

Grandparents Day

Paint a heart on a plaque.

Saturday, Aug. 21, 9 a.m.-1 p.m. \$10 Course #9841

Community Recreation

Monday Night Fever

This new bowling league takes place for 10 weeks at Holiday Bowl. Each session includes three games and shoe rental. Teams will consist of three players per team with an awards banquet at the end of the year. Call to register your team.

Holiday Bowl, 11400 Jefferson Davis Highway

Mondays, June 7-Aug. 9, 8:30 p.m. \$12 per week

Details: Mark Pinney, 748-1992

By the Sea 🞹

Come out and paint a beautiful lighthouse-by-the-sea scene on a mason jar. All supplies are included in this class, which is taught by Bobbi Whitlock.

Central Library, Lori Road

Friday, July 16, 10:30 a.m-2 p.m. \$25 Course #9790

Details: Mark Pinney, 748-1992

Athletes in Motion (AIM USA)

Athletes in Motion is a cosponsored organization dedicated to providing affordable, quality programs for youths 4-15 years old. Certified black belt instructors teach this self-defense program with an emphasis on safety awareness. Cheerleading prep teaches youths cheers, chants, gymnastics and partner stunts. Weekly classes will take place throughout the county until the end of school year.

Details: Jim or Susan Johnson, 323-5985

Chesterfield Community Band

The cosponsored Chesterfield Community Band plays fine concert music for county residents. This 40-piece, all volunteer band includes a mix of people and professions and welcomes musicians 16 years old and older. If you are interested in becoming a member of this group, call for more information or visit our Web site at www.ccband.org.

The Brandermill Church, 4500 Millridge Parkway

Mondays, 7-9 p.m.

Details: Bobby Coghill, 213-9118

Chesterfield County Choral Society

This cosponsored group is seeking new members to become a part of their musical organization. The Chesterfield County Choral Society performs for a variety of area musical events, including Pocahontas Performances and Parade of Lights. No audition required; people of all skill levels welcome. Minimum age is 16. New Covenant Presbyterian Church, 6415 Irongate Drive Tuesdays, 7:30-9:30 p.m.

Details: Richard Ferramosca, 639-2540

Registration begins Monday, April 26, 2004. See page 31 for details.

Virginia Boat Club

This cosponsored group provides recreational and competitive rowing to the community and high-school students. Eight-man and four-man sweep rowing instruction.

Details: Henry Holswade, 320-2984

Fencing

Join the Chester Knights Fencing Club. Experienced instructor Karl Przystawik teaches lessons. Several students have won state and national awards. Continuous classes until end of school year. Minimum age is 8.

Salem Church Middle School, 9700 Salem Church Road Mondays, 6:30-8:30 p.m.

Details: Karl Przystawik, 275-0539

Bushkin-Kan, Inc.

Improve your fitness level, coordination and confidence. Students will learn self-defense while increasing their stamina, flexibility and coordination. This ongoing program teaches skills in conflict management and selfdiscipline while promoting personal responsibility and a "can-do" attitude. Classes, which follow classical martial arts methods and structure, are for those 10 years old and older. Registration and payment are made on-site. New students a re welcome.

Falling Creek Elementary School, 4800 Hopkins Road Mondays, Wednesdays and Fridays, 6:30-8:30 p.m. Details: Barry Edelman, 310-2811 or www.bushin-kan.org

Baton Twirling

Learn the skill of baton twirling and make new friends while benefiting from physical fitness and exercise. Recreational and competitive baton twirling for youths, 5-18 years old. Beginner through advanced levels will be taught. Training is available for parades, high-school majorettes teams, or competitive solos.

Florettes Majorettes Details: Flo Malek, 672-6105 Royalettes Baton Corps Details: Diane Gunnels, 231-6143

Ballroom Dancing

Beginner and experienced dance couples can learn new steps and meet new friends at the Sophisticats Ballroom Dance Club as they "trip the night fantastic" on the second Friday of each month at Robious Elementary School. Details: Shirley K. Callahan, 320-2882

Check out our Web site at chesterfield.gov

Fitness and Wellness



Power Yoga III

Become stronger and more centered! This vigorous workout develops endurance, balance and flexibility with yoga poses combined with deep breathing. Each participant is encouraged to work at their own pace in this westernized form of Asthanga or Vinyasa Yoga. Wear loose clothing and bring a mat and towel. For those 15 years old and older.

Curtis Elementary School, 3600 W. Hundred Road Wednesdays, May 5-June 9, 7:30-8:45 p.m. \$60 Course #9728 Details: Bill Carlson, 748-1128

Vinyasa Flow Yoga III

Appropriate for newcomers to yoga, as well as for more experienced yogis, this moderately-paced class emphasizes breath through continuous movement. The flow of sun salutations and Hatha Yoga postures with breathing and relaxation techniques will be taught. Each participant is encouraged to work at their own pace. Wear comfortable clothing and bring a yoga mat. For those 15 years old and older.

Curtis Elementary School, 3600 W. Hundred Road Tuesdays, May 11-June 8, 6:45-8 p.m. Course #9727 Details: Bill Carlson, 748-1128

Find the TT button!

Whenever you see this symbol next to a program, it indicates that you can use our easy, Touch-Tone Registration process. See page 29 for details.



Curves for Women IIII

Come join us at Curves for Women for a complete workout of cardio and strength training in only 30 minutes. You will rotate from station to station and work on every major muscle group, while maintaining your target heart rate.

Curves for Women Chesterfield, 7000 Commons Plaza

Date and Time	Fee	Course #
Thursdays, June 10-July 8, 9:30-10 a.m.	\$25	9541
Thursdays, June 10-July 8, 6:30-7 p.m.	\$25	9542
Thursdays, July 15-Aug. 12, 9:30-10 a.m.	\$25	9543
Thursdays, July 15-Aug. 12, 6:30-7 p.m.	\$25	9544
Details: Bill Carlson, 748-1128		

Integral Yoga 🎹

Classes taught by Integral Yoga Center teachers. Learn this ancient discipline, which offers physical, mental and emotional benefits, at your own pace and comfort level. Understand the philosophy beyond yoga to enhance flexibility, endurance and lung capacity while increasing your concentration, memory awareness and peace of mind.

Register one week before course Details: Bill Carlson, 748-1128

Beginner Integral Yoga

Bon Air Elementary School, 8701 Polk Street Wednesdays, May 12-June 9, 6-7:15 p.m. \$45 Course #9911 Bon Air United Methodist Church, 1645 Buford Road Tuesdays, May 4-June 8, 1:15-2:30 p.m. Course #9912 Bon Air Library, 9103 Rattlesnake Road Tuesdays, July 27-Aug. 31, 7:45-9 p.m. \$45 Course #9913 (Not held 8/3)

Continuing Integral Yoga

Bon Air Elementary School, 8701 Polk Street Wednesdays, May 12-June 9, 7:30-9 p.m. \$50 Course #9914 Bon Air Library, 9301 Rattlesnake Road Tuesdays, July 27-Aug. 31, 6-7:30 p.m. \$50 Course #9915 (Not held 8/3)

Mixed-Level Integral Yoga

Combination course for beginners and more experienced students. J. B. Watkins Elementary School, 501 Coalfield Road Tuesdays, May 11-June 15, 7-8:30 p.m. \$50 Course #9916

12

Nature Programs-Dutch Gap

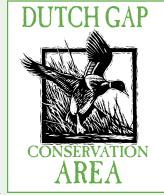
For more details on these nature programs, call Mark Battista at 706-9690.

Dutch Gap Conservation Area

The 809-acre conservation area features bottomland forest, tidal and non-tidal marshes, a fresh water pond, meadows, a tidal lagoon, trails for hiking and biking and scenic areas for fishing.

Hours: 8 a.m. to 30 minutes after sunset.

Directions: From I-95 take exit 61 (Route 10, Hopewell) east to first traffic signal. Turn left onto Old Stage Road (Route 732), travel two miles to stop sign at Coxendale and



follow to park entrance on right, Henricus Park Road. **Details:** Noel Losen, 748-1129, or Mark Battista, 706-9690

Parent and Child Paddling Explorations III

Attention Moms and Dads: Bring your kids (minimum age is 8) to the Dutch Gap Conservation Area to experience paddling. Canoes and sit-on-top kayaks are available. This program will review basic paddling skills and provide a chance to paddle and explore the tidal lagoon. An adult must accompany and participate with child. Paddling time is approximately 90 minutes. Register at least one week before program.

Program takes place at Dutch Gap Conservation Area. \$7 per person

Ghost Fleet Paddle

Paddle to the old sunken tugboat and the "skeleton" of wooden barges.

Friday, June 25, 9-11:30 a.m. Course #9572 Friday, Aug. 20, 8-10:30 a.m. Course #9576

Island Paddle

Visit various islands in the lagoon. What do they reveal about its history and wildlife?

Friday, July 9, 10 a.m.-12:30 p.m. Course #9573 Friday, Aug. 6, 8:30-11 a.m. Course #9575

Wetlands Discovery Paddle

Paddle from the peninsula, across the lagoon and into the tidal wetlands.

Friday, July 23, 8-10:30 a.m. Course #9574

Wildlife on the James

Start in the tidal lagoon at the Dutch Gap Conservation Area, then cruise downriver to the new Brown & Williamson Conservation Area. Scan the riverbank for waders and other water birds and the bluffs for bald eagles and osprey. All trips are limited to only four participants, so enroll early. Fee includes interpretive guide, boat tour and binoculars. Minimum weight is 50 pounds. An adult must accompany children 14 years of age or younger. All programs meet at Henricus Visitor Center. Register at least one week before program. Program takes place at Dutch Gap Conservation Area. \$8 per person

 Saturday, June 12, 11 a.m.-1 p.m.
 Course #9591

 Saturday, July 17, 6-8 p.m.
 Course #9592

 Saturday, Aug. 21, 7-9 a.m.
 Course #9593

Lunchtime Journeys

Enjoy lunch at Henricus Historical Park, then join the naturalist for an after-lunch program to explore the natural secrets of Dutch Gap Conservation Area. For children 5-12 years old, except where noted.

Register at least one week before program. Henricus Historical Park Education Center \$3 per child (parents free)

NEW Swamp Man

Meet Swamp Man (a.k.a. Old Swampy) and explore the swamp. Learn the swamp song; hear how the beaver got its tail and how the turtle got its shell. You may never want to leave the swamp! Thursday, June 24, 1-2 p.m. Course #9577

Lagoon Boat Tour

Take a cruise to discover the tidal lagoon. Discover wildlife that lives in the lagoon and visit the "graveyard." Children must weigh at least 50 pounds to register for this trip.

Thursday, July 15, 1-2 p.m. Course #9578
Thursday, Aug. 26, 1-2 p.m. Course #9584

Creatures from the Deep

What lurks at the bottom of swamps and marshes? Use nets and buckets to collect underwater critters. Next, examine some strange and fascinating creatures through a video microscope.

Thursday, July 22, 1-2 p.m. Course #9579

Wildlife Detectives

Are you a wildlife detective? Sleuth along the boardwalk and find artifacts and other clues to guess the identity of some wetland creatures. For children 9-12 years old.

Thursday, July 29, 1-2 p.m. Course #9580

NEW Treasure Map

Ahoy treasure hunters. The naturalist found a treasure map! Join him in finding buried booty and other treasures of the conservation area. A treasure awaits you. For children 8-12 years old.

Thursday, Aug, 5, 1-2 p.m. Course #9581

I Dig Owl Pellets

Whooo knows what an owl pellet is? What's inside an owl pellet? Join the naturalist and dig into owl pellets to find out who was lunch!

Thursday, Aug. 12, 1-2 p.m. Course #9582

Cypress Grove Hike

Cram in the van for a short ride to the Cypress Grove. Next, take an enchanting walk that teeters between the river and the swamp. Find cypress knees, osprey, dragonflies, and other wonders of the Cypress Grove.

Thursday, Aug. 19, 1-2 p.m. Course #9583

For more nature programs, see pages 14 and 15.

Nature Programs-Dutch Gap

For more details on these nature programs, call Mark Battista at 706-9690.

Tidewater Paddling Explorations

Join the naturalist staff to paddle and explore the natural and cultural history of the Tidewater region. All trips are suitable for all skill levels and include transportation (except for Dolphin Paddle), boats (canoes or kayaks), life vests, paddles, paddling instructions and guides. Unless noted, minimum age is 10. An adult must accompany children 10-14 years old.

Oxbow Journey III

Paddle into the twilight hours of the Dutch Gap Conservation Area to explore the river oxbow. Paddle along floodplains, swamps and high bluffs. Read stories in the river cliffs, see cypress trees in the swamps and hear stories of naval warfare and the first English settlers. Paddling time is approximately three hours.

Program takes place at Dutch Gap Conservation Area. Saturday, June 19, 5-9 p.m. \$18 Course #9567 Register by June 14.

Lighthouse and Island Tour III

Start your paddling trip from a quaint fishing village in bucolic Mathews County. Next, stop at a sandy island for lunch and exploration, then paddle to New Point Comfort Lighthouse, the third oldest lighthouse on the Chesapeake Bay. Expect to view dolphins, marine birds and more! In the event of strong winds or high surf, the trip will be relocated. Paddling time is approximately three hours.

Parks Maintenance Building, 9201 Public Works Road Saturday, July 10, 7:30 a.m.-5 p.m. \$45 Course #9568 Register by June 30.

Morning Paddle in the Tidal Lagoon

Paddle past Dutch Gap Conservation Area's "graveyard," islands and the "labyrinth." Search for great blue herons, bald eagles, osprey and other denizens of the tidal lagoon. Paddling time is approximately two hours.

Program takes place at Dutch Gap Conservation Area. Saturday, July 24, 8-11 a.m. Course #9569 Register by July 19.

Dolphin Paddle III

Head down to Sandbridge on the coast of the Atlantic Ocean to paddle with dolphins. Enjoy easy-to-use tandem sit-on-top kayaks. Observe and learn about dolphins and the marine environment. Take the chance to surf the waves on your kayak. In the event of strong winds or high surf, the trip will be relocated to Back Bay. Minimum age is 12. Paddling time is approximately three hours. Participants must provide

transportation to Sandbridge.

Ocean Rentals, 577 Sandbridge Road Saturday, Aug. 7, 10:30 a.m.-2:30 p.m. \$25 Course #9804 Register by July 28.

Twilight Paddle W

Paddle into the twilight hours to search for beavers, great blue herons and other denizens of the tidal lagoon and oxbow. Join our naturalist for an evening that will include a basic paddling orientation and plenty of opportunity to explore aquatic life. Paddling time is approximately two hours. Register at least a week before program.

Program takes place at Dutch Gap Conservation Area. \$15 per person

Friday, Aug. 20, 5:30-8:30 p.m. Course #9570 Friday, Sept.17, 5:30-8:30 p.m. Course #9571

Dutch Gap Conservation Area

With more than 800 acres of richly diverse land, the Dutch Gap Conservation Area offers the perfect setting for those seeking the beauty and solitude of nature.

Pocahontas Bluff, which is a short walk from the Visitor Center, offers a view of the James River.

The River Trail, which extends one and a quarter miles, offers peaceful water views during a stroll under a canopy of towering

sycamore, cottonwood and river birch trees.

The four-mile Dutch Gap Trail leads hikers and bikers to a tidal wetland, meadows, a freshwater pond, swamps, and the tidal lagoon. Along this trail, visitors may spy wildlife at the observation blind, fish at floating docks, walk alongside a swamp with majestic bald cypress trees, or picnic at the peninsula.

The tidal lagoon lures anglers and paddlers. The lagoon provides excellent year-round



fishing for bass, blue catfish and black crappie. For paddlers, the lagoon's passageways meander around islands and sunken barges, offering a glimpse of the area's history and providing a welcoming habitat for wildlife.

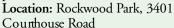
Explore alone or enlist the help of the Conservation Area's naturalist staff, which runs year-round programs for individuals, families and organized groups. Programs include wetland and bird walks, pontoon boat and canoe/kayak tours, campfire and astronomy programs and owl prowls.

Nature Programs-Rockwood

For more details on these nature programs, call Judy Brown at 745-7020.

Rockwood Nature Center

Come visit our live snake and turtle exhibits and explore the forest, pond, marsh and swamp. Listen for the banjo call of green frogs or the deep voice of a bullfrog living in the Gotwals Memorial Pond. Visit our Children's Corner and learn about the plants and animals that live in the park.



Hours: April-October: Saturday and Sunday, Noon-5 p.m. June 21-Aug. 31: Thursday and Friday, 1-5 p.m.

Volunteers for Nature: Adults and teens needed to staff the Nature Center, monitor trails and assist with programs and special events. Attention Educators: Come experience Rockwood Nature Center's many educational programs designed to correspond with science SOLs.

For more information, call Judy Brown at 745-7020.



As a silent witness, plants can actually provide evidence to investigators at the scene of a crime. Join the "Rockwood CSI" as we investigate the basic principles of forensic botany. The class is for participants 14 years old and older.

Saturday, June 26, 10-11:30 a.m. \$5 Course #9823

Forensic Entomology at I **Rockwood Crime Scene**

Mo re than pests, insects can be living clues at a crime scene. Find out how nature and science can help to unearth clues hidden in the world of insects. Topics include identification of common crimescene insects and estimation of the time of death. The class is for participants 14 years old and older.

\$5

Course #9858

Saturday, July 24, 10-11:30 a.m.

Poison Ivy, Where Are You?

Protect yourself and others from this annoying plant. Hike with us and see exactly where and how this plant grows. We will provide each family or individual with a laminated plant. The class is for participants 6 years old and older.

Saturday, June 19, 10-11 a.m. Course #9842

Salamander, Where Are You Hiding?

Is a salamander slimy? Does he have teeth? Is a salamander a snake that grew legs? This program will include a short story and hike. The class is for participants 4-9 years old. An adult must accompanying child. (There is no charge for an adult.) Saturday, July 10, 10-11 a.m. Course #9835

A New Classroom Will Be Opening Soon!

Watch for news of the opening celebration of Rockwood Nature Center's new classroom, which will be ready to provide additional space for fun nature programs! Join us as we celebrate with FREE nature programs and easy-to-make crafts. Opening this summer.

Call Judy Brown at 745-7020 for date and details.

The Potluck Nature Walk III

Come join us as we hike the park trails. Our topics will be whatever we find, and we always find something. If you have a local nature question, bring it. If you have a plant you can't identify, bring it. The class is for participants 5 years old and older.

Sunday, June 27, 2-3 p.m. Course #9838

The Tale of the Fox

Bring your dad and celebrate Father's Day by learning about foxes. This program will include a hike in the forest and an art activity to make an original card for Dad's Day. Participation for dads is free! The class is for participants 5-11 years old.

Sunday, June 20, 2-3 p.m. Course #9830

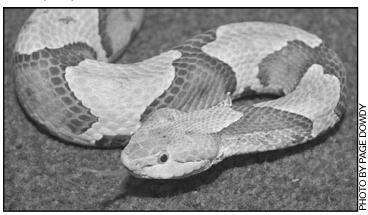
Chipmunks Versus Squirrels III

How are they alike? How are they different? Join us as we search for them on the trails and around the nature center. Take a close look at Monk, our resident chipmunk, and make a simple craft to take home. The program is for children who are 4-9 years old. Children must be accompanied by an adult. (There is no charge for an adult.)

Saturday, Aug. 7, 10-11 a.m. \$3 per child Course #9860

The "Ubiquitious" Snake III

Snakes are everywhere. Join us as we identify the snakes of Virginia, especially those of Chesterfield County. This program will help you overcome fear and will increase your knowledge of snakes. The class is for participants 5 years old and older. Saturday, July 17, 10-11 a.m. Course #9843



Eeeek! A Snake!

Do you know what a venomous snake looks like? The photo above is of a copperhead snake, whose bite is dangerous and depending on the size of the snake and the size of the victim can cause injury requiring hospitalization. Copperheads typically can be found around rocks, woodpiles and underbrush throughout Chesterfield County. Did you know a smaller population of venomous cottonmouths inhabits Chesterfield County near the Appomattox River? It's time to be careful by being informed! If you want to learn more about copperheads, cottonmouths or other snakes, call us. We're here to help. For more information, call 745-7020 or 674-1629.

Please register at least one week in advance for all Rockwood programs at 748-1623.

Nature Programs-Rockwood

For more details on these nature programs, call Judy Brown at 745-7020.

Wednesdays at Rockwood Nature Center III

Children who are 6-12 years old will enjoy these weekly programs. Register at least week in advance.

\$3 per person

Details: Noel Losen, 748-1129

Piece Parts

Why are animals shaped the way they are? Become a mad scientist and find out what happens when the pieces are mixed together. Wednesday, June 16, 1:30-2:30 p.m. Course #9875

Creatures from the Deep

Use a microscope and take a hands-on tour of creatures lurking at the bottom of ponds and lakes.

Wednesday, June 23, 1:30-2:30 p.m. Course #9876

Water Works

Water, water everywhere. But where does it come from, and what does it do? Explore the water cycle with us.

Wednesday, June 30, 1:30-2:30 p.m.

Course #9877

Raccoon Prowl

What does a young raccoon do when it gets up in the morning? Put on your ringed tail and mask and explore its world. Wednesday, July 7, 1:30-2:30 p.m. Course #9878

Web Spinners

Discover the sticky welcome mat for anybody who happens to pass by. Come join us in the spider's web.

Wednesday, July 14, 1:30-2:30 p.m.

Course #9879

Frogs R Us

Where does a frog live, and why? Explore the world of frogs and their neighbors.

Wednesday, July 21, 1:30-2:30 p.m.

Course #9880

Pond Water Soup

Yum! What a delicious soup mother nature has served us. Learn what's really in the water and how it got there.

Wednesday, July 28, 1:30-2:30 p.m.

Course #9881

This Old Nest

If you were a bird, where would you build your nest? What would it be made of? Wing with us through the park to discover the best spots.

Wednesday, Aug. 4, 1:30-2:30 p.m.

Course #9882

Tree-mendous Tour

What is it like to be a tree? How do they eat and drink? Find out these answers, and more!

Wednesday, Aug. 11, 1:30-2:30 p.m. Course #9883

Older Adult Programs

Discover Chesterfield - A Walking Club Be Active For Life - AARP

This walking program is designed to introduce participants to Chesterfield County parks, open spaces and greenways, while meeting new walking partners. Once a month, an organized walk will be led by Chesterfield County Parks and Recreation Department staff. The walk will take place at a different county park, open space or greenway each month. Throughout the month, as you Discover Chesterfield, you can walk on your own or pair with new walking partners. Organized walks will be scheduled on the first Tuesday of the month. Call to sign up for the club and to receive a detailed schedule.

Tuesdays, 9 a.m. Course #7479

May 4 Harrowgate Park, 4000 Cougar Trail

June 1 Robious Landing Park, 3800 James River Road July 6 Daniel Park at Iron Bridge, 6600 Whitepine Road

Aug. 2 Rockwood Park, 3401 Courthouse Road

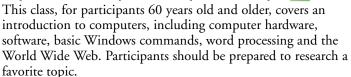
Details: Judy Jones, 751-4135

For more older adult programs, see pages 7, 16 and 17.

Super Senior Passport Information

The Super Senior Passport program allows Chesterfield County residents 60 years old and older to take select courses FREE at the Chesterfield Community Technology Center. Computer program participants automatically become members of the Super Senior Passport program.

Super Senior Passport – Computer Concepts III



Chesterfield Technical Center, 10101 Courthouse Road

Mondays and Wednesdays, 1-3 p.m.

June 28-July 7 (no class 7/5) **FREE** Course #9660 July 12-July 19 **FREE** Course #9661 July 26-Aug. 2 **FREE** Course #9662

Details: Mark Pinney, 748-1992

Super Senior Passport – The Internet III

This two-day class will give participants 60 years old and older an overview of the type of information available on the World Wide Web and show them how to search for topics of interest. Begin surfing with confidence.

Chesterfield Technical Center, 10101 Courthouse Road

Tuesdays and Thursdays, 1-3 p.m.

June 29-July 1 FREE Course #9663 July 6-July 8 **FREE** Course #9664 **FREE** July 13-July 15 Course #9665

Details: Mark Pinney, 748-1992

Older Adult Programs

Senior Tennis

Organized for tennis players of all levels, 55 years old and older. Meet new tennis partners during weekly play. Times vary according to season. Mondays, ongoing.

Rockwood Park, courts 1-9

FREE

Details: Judy Jones, 751-4135

Senior Golf

Designed for golf players of all levels, 60 years old and older. Here is your chance to meet new golf partners during weekly play. You must register in advance.

Providence Golf Course, 1160 S. Providence Road Wednesdays, April 7-Oct. 27, 8 a.m. \$25 (includes 18 holes and a cart, payable on site) Details: Ed Bergin, 794-1097

Seniorcise III

Stretch, reach and march yourself to a healthier and more fit condition. This upbeat and challenging class is set to music of the 1940s and 50s. Athletic shoes are suggested. Membership not required. Instructor: Laura Heidig.

American Family Fitness, 9101 Midlothian Turnpike Mondays and Wednesdays, noon-1 p.m.

June 21-Aug. 25

Course #9725

Register by June 16.

Details: Judy Jones, 751-4135

Get in the Know!

A monthly program designed for adults 55 years old and older. Learn, explore, recreate and educate. This program is made possible by the cooperative efforts of LaPrade Library, the Friends of the LaPrade Library and Chesterfield County Parks and Recreation Department. Call to register at least one week in advance.

LaPrade Library, 9000 Hull Street Road

Course #9465 FREE Details: Judy Jones, 751-4135 or Evelyn Dawson, 276-7755

Identity Theft and Mail Fraud

An inspector from the United States Postal Inspection Service will discuss identity theft and fraud.

Thursday, May 6, 10:30 a.m.-noon

Geneology

Angie Wilderman, volunteer at the Chesterfield Historical Society, will give a brief introduction on researching your ancestors and what resources are available.

Thursday, June 3, 10:30 a.m.-noon

More older adult programs are held at Bensley and Ettrick. See pages 5-9.

NEW Crafts

LaPrade Library, 9000 Hull Street Road Details Judy Jones, 751-4135

Frog Gourd

Participants 50 years old and older will enjoy painting a frog (a real handsome dude) on a gourd. Instructor is Bobbi Whitlock. Register by June 7.

Monday, June 14, 10 a.m.-2 p.m.

Course #9818

Frame the Moment

Participants 50 years old and older are invited to decorate a picture frame by painting a beautiful snow scene. Instructor is Bobbi Whitlock. Register by Aug. 10.

Monday, Aug. 16, 10 a.m.-2 p.m.

\$22 Course #9819

Senior Center of Richmond at Chesterfield

Located in The Featherstone Professional Center, 1807 Huguenot Road, Suite 105, this center is a satellite of the Senior Center of Richmond, which is a United Way agency serving adults 50 years old and older. Programs include dance, language classes, card and game groups, health and fitness, special events and trips. Mondays-Fridays, 9 a.m.-4:30 p.m., some evenings Details: 594-2339

Lifelong Learning Institute in **Chesterfield County**

Imagine a learning environment for retirees where the goal is intellectual stimulation with a dose of fun and where there are no prerequisites, homework is optional and exams are prohibited. This program is being initiated in Chesterfield County where retirees take college level courses for non-credit. Would you like to be on our mailing list? Would you like to teach? Please call us if you know of someone who lives in Chesterfield who would like to participate, learn or teach.

Details: Debbie Leidheiser at Brandermill Woods, 744-1173

TRIAD/S.A.L.T. Council of Seniors and Law **Enforcement Together**

TRIAD is a cooperative effort among the Chesterfield County Police Department, the Chesterfield County Sheriff's Office and county seniors committed to enhancing the quality of life for senior citizens and reducing crime. Meetings are held the third Thursday of each month.

Details: Judy Jones, 751-4135

Chesterfield TRIAD Senior Day

Chesterfield County TRIAD Senior Day is an opportunity for senior adults to visit with more than 50 businesses and nonprofit agencies to learn about opportunities and services to make life safe, active and more enjoyable. Enjoy entertainment, featuring singer Tom Netherton of "The Lawerence Welk Show," and informational booths, door prizes and speakers. Special appearances by Bowman Body and Floyd Henderson. Chesterfield County Fairgrounds Exhibition Hall Wednesday, May 5, 9 a.m.-1 p.m.

Older Adult Programs

The Chesterfield Traveler

Trips for adults 50 years old and older. Details: Judy Jones, 751-4135

Tides Inn and Lunch Cruise

Visit the Tides Inn and enjoy a buffet lunch cruise on Carter's Creek and the Rappahannock River aboard the Tides Inn's Miss Ann. After the cruise, visit Christ Church in Irvington. A Virginia and National Historic Landmark, Christ Church is considered one of America's most beautiful and authentic colonial churches. Register by May 3.

Monday, May 17 \$76 Course #9479

Pick up: Breckenridge Square, 8:30 a.m. Return 6:30 p.m.

Pick up: Beaufont Mall, 9 a.m. Return 6 p.m.

The Kennedy Center Presents: "The Producers"

Join us for a good laugh at "The Producers," a Tony-Award-winning musical comedy by Mel Brooks, at the Kennedy Center, a national performing arts center in Washington, D.C. Prior to the matinee, enjoy lunch at the Tom Sarris Orleans House. Register by June 16.

Wednesday, June 30 \$140 Course #9502

Pick up: Breckenridge Square, 8:30 a.m. Return 7 p.m. Pick up: Beaufont Mall, 9 a.m. Return 6:30 p.m.

Fredericksburg's Riverside Theatre Presents "Oklahoma!"

Enjoy seeing "Oklahoma!," a Rodgers and Hammerstein masterpiece featuring such familiar musical highlights as "Oh What a Beautiful Morning," "People Will Say We're in Love" and "Oklahoma." The Riverside Theatre, one of the most popular dinner theaters in Virginia, will serve a gourmet dinner before the curtain rises. Register by July 7.

Wednesday, July 21 \$72 Course #9799

Pick up: Breckenridge Square, 10 a.m. Return 7:30 p.m.

Pick up: Beaufont Mall, 10:30 a.m. Return 7 p.m.

Smith Mountain Lake

Enjoy a two-hour lunch cruise aboard the popular "Virginia Dare," a 19th century side wheeler. In the afternoon travel to Bedford for a guided tour of the National D-Day Memorial. Register by Aug. 31.

Tuesday, Sept. 14 \$80 Course #9798

Pick up: Breckenridge Square, 7:30 a.m. Return 7:30 p.m.

Pick up: Beaufont Mall, 8 a.m. Return 7 p.m.

River Tours III

Embark on a two-part program that takes you by foot and pontoon boat to explore the wildlife and history of the Dutch Gap Conservation Area. Search for bald eagles, herons, muskrats and more. Fee includes interpretive guide, boat tour and binoculars. Bring a snack and drink to enjoy on the boat. All programs meet at Henricus Historical Park Visitor Center. Register at least one week in advance of each trip.

register at least one week in advance of	n cach trip.	
Date and Time	Fee	Course #
Tuesday, June 8, 8-10 a.m.	\$8	9585
Thursday, June 24, 8-10 am.	\$8	9586
Thursday, July 22, 8-10 a.m.	\$8	9587
Wednesday, Aug. 4, 8-10 a.m.	\$8	9588
Friday, Sept. 3, 8-10 a.m.	\$8	9589
Tuesday, Ŝept. 21, 8-10 a.m.	\$8	9590
Details: Mark Battista, 706-9690		

Ampthill Senior Programs

Programs listed below highlight activities taking place at the Ampthill Presbyterian Church, located at 2800 Falling Creek Ave., from January thru April, 2004. These programs are made possible by the cooperative efforts of Chesterfield County and funding by Community Development Block Grant.

Low-Impact Aerobics for Seniors III

An aerobic workout that will include exercises and basic steps set to music. This class will include a low-impact cardiovascular workout with warm-up and cool-down exercises. Some strength training and stretching will be included. The instructor will be Kerri Helsley.

Details: Judy Jones, 751-4135

Session 1: (Not held June 21 or June 24)		
Mondays, May 3-June 28, 9-10 a.m.	\$12	Course #9716
Thursdays, May 6-July1, 9-10 a.m.	\$12	Course #9717
Session 2: (Not held July 19 or July 22)		
Mondays, July 5-Aug. 30, 9-10 a.m.	\$12	Course #9718
Thursdays, July 8-Sept. 2, 9-10 a.m.	\$12	Course #9719

Introduction to Yoga 🞹

This course is appropriate for students of all fitness levels. It will incorporate easy physical postures, deep relaxation, breathing practices and meditation to help you reduce stress, improve mental and physical balance, strength and flexibility, and increase your sense of well-being. The Certified Integral Yoga instructor is Kerri Helsley.

Details: Judy Jones, 751-4135

Session 1: (Not held June 21 or June 24) Monday, May 3-June 28, 10:20-11:20 a.m. Thursday, May 6-July1, 10:20-11:20 a.m.	\$12 \$12	Course #9720 Course #9721
Session 2: (Not held July 19 or July 22) Monday, July 5-Aug. 30, 10:20-11:20 a.m. Thursday, July 8-Sept. 2, 10:20-11:20 a.m.	\$12 \$12	Course #9722 Course #9723

Crafts 🞹

Come have fun while you learn to create a new craft taught by Bobbi Whitlock. Fee includes instruction and all supplies. Details: Judy Jones, 751-4135

Love, Joy, Peace

Paint three plaques with the words love, joy or peace. Friday, May 28, 9 a.m.-1 p.m. \$10 Course #9814

Goldfish Bowl

Paint goldfish on the outside of a goldfish bowl.

Friday, June 25, 9 a.m.-1 p.m. \$10 Course #9815

New Neighbors

A beehive, birdhouse and butterfly house will be painted on a jar with summer vines and flowers.

Friday, July 30, 9 a.m.-1 p.m. \$10 Course #9816

Frosty the Snowman

Frosty will be painted on a scalloped heart shaped plaque. Friday, Aug. 27, 9 a.m.-1 p.m. \$10 **Course #9817**

Outdoor Adventures

For more details on outdoor adventure programs, call Greg Velzy at 748-1124. Please register at least one week prior to each activity.

What is a challenge course?



A challenge course is a graduated series of events presenting physical, psychological and social challenges to be overcome by individuals and groups. It is a confidence-building and p roblem-solving tool that emphasizes teamwork and communication while testing and stretching personal limits. The Challenge course is used by any group of individuals that has some sort of relationship: clubs, companies, troops, families, classes and athletic teams.

Chesterfield Challenge Course

Bring your group, organization, company, class, office or Scout troop to the Challenge Course. The course consists of low and high elements designed to strengthen group dynamics, communication and willingness to work together, as well as promote an individual's initiative and confidence. Details: 748-1124

Learn to Rock Climb

This course begins with an evening ground school session to introduce the equipment, knots and cover trip logistics. The second part of the course is a day of climbing at Great Falls on the Potomac River. All climbing equipment provided, including shoes. Transportation to site not included. Minimum age is 13.

Rockwood Park, 3401 Courthouse Road \$40

Course #9628

Class: Thursday, May 27, 6:30-9 p.m. Trip: Sunday, May 30, 6 a.m.-6:30 p.m.

After-Work Climb Time 🛄

This course is for experienced climbers who want to practice their technique. Equipment will be provided and ropes will be set. Instructors will be onsite to supervise, give pointers and help belay. There will be no formal instruction. Minimum age is 13.

James River Park

Date and Time	Fee	Course#
Tuesday, May 4, 6-8:30 p.m.	\$9	9486
Tuesday, May 18, 6-8:30 p.m.	\$9	9487
Tuesday, June 1, 6-8:30 p.m.	\$9	9629
Tuesday, June 15, 6-8:30 p.m.	\$9	9630
Tuesday, July 6, 6-8:30 p.m.	\$9	9631
Tuesday, July 20, 6-8:30 p.m.	\$9	9632
Tuesday, Aug. 3, 6-8:30 p.m.	\$9	9633
Tuesday, Aug. 17, 6-8:30 p.m.	\$9	9634
Tuesday, Sept. 7, 5-7:30 p.m.	\$9	9635
Tuesday, Sept. 21, 5-7:30 p.m.	\$9	9636

Galyan's Fishing Workshop with Woo Daves

Fishing enthusiasts won't want to miss this workshop taught by 2000 BassMaster's Classic World Champion angler Woo Daves. This free seminar is sponsored by Galyan's, with support from Holiday Inn Koger Center. Minimum age is 13. An adult must accompany those 13-16. Because there is limited seating, pre-registration is recommended. Holiday Inn Koger Center, Chesterfield County Wednesday, May 5, 7-9:30 p.m. **FREE** Details: Noel Losen, 748-1129



Find out about other free and inexpensive outdoor recreation programs offered in the James River Days brochure. See page 21.

Outdoor Adventures-On the Water

Kayaking Beginning Whitewater Kayaking

Spend day one on flat-water learning kayak safety, technique and control. Day two is a whitewater river trip to introduce river reading/running and refine skills. Swimming ability is required. Rental includes kayak, paddle, spray skirt, personal floatation device and helmet. Minimum age is 13.

James River Park

Saturdays and Sundays

Date and Time	Fee	Course #
May 1 and 2, 9 a.m4 p.m.	\$87 (\$99 w/rental)	9440
June 5 and 6, 9 a.m4 p.m.	\$87 (\$99 w/rental)	9640
June 26 and 27, 9 a.m4 p.m.	\$87 (\$99 w/rental)	9641
July10 and 11, 9 a.m4 p.m.	\$87 (\$99 w/rental)	9642
July 31, Aug. 1, 9 a.m4 p.m.	\$87 (\$99 w/rental)	9643
Aug. 28 and 29, 9 a.m4 p.m.	\$87 (\$99 w/rental)	9644
Sept. 11 and 12, 9 a.m4 p.m.	\$87 (\$99 w/rental)	9645

Beginning Whitewater Kayaking - "Saturday Special"

The same as our Saturday/Sunday format (see "Beginner Whitewater Kayaking" course description), but spread over two Saturdays instead.

James River Park

May 15 and 22, 9 a.m.-4 p.m. \$87 (\$99 w/rental) Course #9646

Intermediate Whitewater Kayaking Trip - Level 1

This clinic-style trip is designed to be the next step after the beginner class. It is also appropriate for those who have whitewater kayaking experience, but need a refresher. Previous formal whitewater kayak instruction is required. Rental includes kayak, paddle, spray skirt, personal float and helmet. Minimum age is 13.

James River Park

Sunday, May 23, 9 a.m-4 p.m.	\$43 (\$49 w/rental) Course #9647
Saturday, June 19, 9 a.m-4 p.m.	\$43 (\$49 w/rental) Course #9648
Sunday, July 25, 9 a.m-4 p.m.	\$43 (\$49 w/rental) Course #9649

Intermediate Whitewater Kayaking Trip - Level 2

The clinic is for the more advanced intermediate kayaker. Run in a trip format, it will focus on the techniques and drills needed to take you to the next level of paddling. Skills include precision paddle strokes, crisp eddy turns and play boating. Participants should have experience on Class III or higher rapids. Previous formal instruction is required and the Level 1 course is strongly suggested. Minimum age is 13.

James River Park

Saturday, Aug. 14, 9 a.m-4 p.m. \$43 (\$49 w/rental) Course #9650

Whitewater Kayaking Quick Trip

Don't have the entire day to paddle? The emphasis of this half-day trip will be on running the river, with minimal instruction due to the short duration. Previous two-day whitewater kayak class required. Rental includes kayak, paddle, spray skirt, personal float and helmet. Swimming ability required. Minimum age is 13. Iames River Park

Saturday, May 29, 8 a.m-noon	\$30 (\$36 w/rental)	Course #9848
Saturday, July 3, 8 a.m-noon	\$30 (\$36 w/rental)	Course #9849
Sunday, Aug. 8, 8 a.m-noon	\$30 (\$36 w/rental)	Course #9850

Kayak Play Days III

This after-work informal instructional time is for new kayakers (especially those without a boat) who wish to get time on the water. Instructors will answer questions and give pointers. During this unstructured class, there will be no downriver runs. Participants must have had previous formal instruction. All equipment is provided. Minimum age is 13. Pony Pasture

Date and Time	Fee	Course #
Wednesday, May 12, 6-8:30 p.m.	\$9	9425
Wednesday, May 26, 6-8:30 p.m.	\$9	9426
Wednesday, June 9, 6-8:30 p.m.	\$9	9652
Wednesday, June 23, 6-8:30 p.m.	\$ 9	9653
Wednesday, July 14, 6-8:30 p.m.	\$ 9	9654
Wednesday, July 28, 6-8:30 p.m.	\$9	9655
Wednesday, Aug.11, 6-8:30 p.m.	\$ 9	9656
Wednesday, Aug.25, 6-8:30 p.m.	\$ 9	9657
Wednesday, Sept. 8, 5-7:30 p.m.	\$9	9658
Wednesday, Sept. 22, 5-7:30 p.m.	\$ 9	9659

Introduction to Touring Kayak

This class is designed for the person who wants to learn the basics of flat-water kayaking. The class covers entries, exits, strokes, safety and the equipment needed to start kayaking. A tour of the Dutch Gap Conservation Area is included. Rental includes kayak and all equipment. Swimming ability required. Minimum age is 11. Participants 11-14 years old must be accompanied by an participating adult.

Henricus Historical Park

Date and Time	Fee	Course #
Saturday, May 15, 9 a.m4 p.m.	\$43 (\$49 w/rental)	9806
Saturday, June 5, 9 a.m4 p.m.	\$43 (\$49 w/rental)	9807
Sunday, June 13, 9 a.m4 p.m.	\$43 (\$49 w/rental)	9808
Saturday, July 10, 9 a.m4 p.m.	\$43 (\$49 w/rental)	9809
Sunday, Aug. 1, 9 a.m4 p.m.	\$43 (\$49 w/rental)	9810
Saturday, Aug. 28, 9 a.m4 p.m.	\$43 (\$49 w/rental)	9811

Touring Kayak - Day Trips

These paddle trips are meant to compliment the Introduction to Touring Kayak course, although they are not exclusive to that. For the beginning-to-intermediate paddler, the trips are from Robious Landing to Huguenot Woods. Swimming ability required. Minimum age is 13. Youths 13-15 years old must be accompanied by a participating adult. Previous formal kayak instruction is required. James River Park

Saturday, June 26, 9 a.m.-4 p.m. \$43 (\$49 w/rental) Course #9845 Saturday, Aug. 7, 9 a.m.-4 p.m. \$43 (\$49 w/rental) Course #9846

Touring Kayak - Plantation Paddle

See history from a new perspective, by paddling in sea kayaks to view and tour some of the area's finest plantations. Start with a tour of Berkeley Plantation. Next, paddle down the James River to tour Westover Plantation and end the trip by paddling to Evelynton Plantation for a tour. Fee includes guides, boat shuttle and plantation-tour fees. Bring a lunch. Swimming ability and previous kayaking experience is required. Minimum age is 15.

Meet: Berkeley Plantation, 18602 Harrison Landing Road, Charles City.

Sunday, Sept. 5, 8:30 a.m.-5 p.m. \$53 (\$59 w/rental) Course #9820

Outdoor Adventures-On the Water

Canoeing Learn Canoeing

This entry level course introduces beginners to basic paddling strokes. It is held entirely on flat-water for those interested in lake and pond canoeing. Swimming ability is required. Minimum age is 11. Participants 11-14 years old must be accompanied by a participating adult.

Parks Maintenance Building, 9201 Public Works Road \$35 adults; \$15 (11-14 year olds)

\$5 equipment rental fee, per person Sunday, May 16, 9 a.m.-4 p.m.

Course #9637

Intro to River Canoeing - Level 1

This introduction to river canoeing teaches proper strokes, river reading and current analysis. Swimming ability and previous canoeing experience required. Previous "Learn to Canoe" class recommended. Minimum age is 11. Participants 11-14 years old must be accompanied by a participating adult.

James River Park

\$35 adults; \$15 (11-14 year olds) \$5 per person equipment rental fee Sunday, June 13, 9 a.m.-4 p.m. Saturday, July 24, 9 a.m.-4 p.m.

Course #9638 Course #9639

River Rescue

River Rescue - Basic Safety in Whitewater III

This one day basic class is for folks who paddle on or just play in the river. You'll learn essential safety skills, including swimming and wading in whitewater and throw-rope use. Also, learn river signals, as well as how to identify river hazards. This also will be the first day of the two-day River Rescue class. Swimming ability, life jackets and helmets required. Some extra supplies are on hand. Wet suits recommended.

James River Park

\$25 Saturday, Aug. 14, 9 a.m.-5 p.m. Course #9825

River Rescue - For Paddlers TT

Learn the basic river-rescue skills that every paddler should know. Day one will be an introduction to whitewater safety that will include swift-water wading, swimming, throw ropes and selfrescues. Day two will cover boat pins and strainer drills. Swimming and paddling ability are required. Life jackets and helmets also are required (we can supply). Wet suits are recommended. Minimum age is 13.

James River Park Saturday-Sunday

Aug. 14 and 15, 9 a.m.-5 p.m. \$40 Course #9821

River Rescue - Refresher III

This half-day course is for those who have taken the Basic Whitewater Safety course. Participants will practice various rescue-technique scenarios. Previous river safety and rescue instruction is required. Minimum age is 14.

James River Park

Saturday, July 3, 1-5 p.m. \$15 Course #9844

Sailing Day of Sailing III

Bring a picnic lunch and board a cruising sailboat for a day of sailing on the Chesapeake Bay. This is a great experience for people who would like to try sailing for the first time or for people who have had instruction and would like more practice. Trip begins in Deltaville. Participants must provide their own transportation to the marina (directions provided). Minimum age is 13.

Date and Time	Fee	Course #
Sunday, May 2, 9 a.m4 p.m.	\$50	9434
Sunday, May 9, 9 a.m4 p.m.	\$50	9559
Sunday, June 6, 9 a.m4 p.m.	\$50	9560
Saturday, June 26, 9 a.m4 p.m.	\$50	9561
Sunday, July 18, 9 a.m4 p.m.	\$50	9562
Saturday, Aug. 7, 9 a.m4 p.m.	\$50	9563
Sunday, Aug. 29, 9 a.m4 p.m.	\$50	9564
Sunday, Sept. 12, , 9 a.m4 p.m.	\$50	9565
Saturday, Sept. 25,9 a.m4 p.m.	\$50	9566

Learning to Sail III

This course provides an evening of classroom instruction, then a full day piloting a sloop on the Chesapeake Bay out of Deltaville. Sailing terminology, rigging, basic piloting, docking procedures and more will be covered. Participants are responsible for transportation to the marina. Swimming ability is required. Minimum age is 15. Class held at Parks and Recreation Administration Building, 6801 W. Krause Road. Trip begins in Deltaville. Participants must provide their own transportation to

the marina. Class fee \$75. Class: Thursday, May 20, 7-9:30 p.m. Trip: Sunday, May 23, 9 a.m4 p.m.	Course #9419
Class: Thursday, June 10, 7-9:30 p.m. Trip: Sunday, June 13, 9 a.m4 p.m.	Course #9853
Class: Tuesday, July 6, 7-9:30 p.m. Trip: Saturday, July 10, 9 a.m4 p.m.	Course #9854
Class: Thursday, July 29, 7-9:30 p.m. Trip: Sunday, Aug. 1, 9 a.m4 p.m.	Course #9855
Class: Tuesday, Aug. 17, 7-9:30 p.m. Trip: Saturday, Aug. 21, 9 a.m4 p.m.	Course #9856
Class: Thursday, Sept.16, 7-9:30 p.m. Trip: Sunday, Sept. 19, 9 a.m4 p.m.	Course #9857

For more details on outdoor adventure programs, call Greg Velzy at 748-1124.

Please register at least one week prior to each activity.

Special Events, Programs and Places

Teach A Child To Fish Clinic

Experience a fun-filled day of fishing for children 6-14 years old. Parental supervision is required. Cosponsored by the Chesterfield County Parks and Recreation Department and the Virginia Department of Conservation and Recreation. Instruction will be provided by the members of the Old Dominion Bass Masters Region 3. Virginia Department of Game and Inland Fisheries will provide fishing poles.

Pocahontas State Park

Saturday, June 5, 2-5 p.m. Details: Noel Losen, 748-1129 FREE (\$4 parking fee)

Rainbow of Arts

Crafters are wanted! Artists and crafters are sought to exhibit at the Chesterfield Jaycees' 27th Annual Rainbow of Arts Festival, cosponsored by the Chesterfield County Parks and Recreation Department. This is a great event for the entire family. Rockwood Park (Rt. 360 and Courthouse Road) Saturday, Sept. 25 (rain date Sept. 26) Details: Chesterfield Jaycees, 497-4600

Comcast Fourth of July Celebration

Celebrate our independence with a spectacular fireworks display at dark! Includes children's activities area and special entertainment. Located at the Chesterfield County Fairgrounds (across from L.C. Bird High School on Courthouse Road Extension). Gates will open at 5 p.m. No alcohol, glass bottles, pets or personal fireworks, please. Blankets or lawn chairs are recommended. Limited parking; roads leading to fairgrounds will be shut down at 9 p.m. or as parking lots fill. Don't miss this fun-filled event for all ages. Thanks to our title sponsor, Comcast Metro Richmond. Sunday, July 4 (no rain date) Gates open at 5 p.m., fireworks at dark

Bermuda Hundred Tour

Details: Dave Caras, 748-1132

Sponsored by the Chesterfield Historical Society. Saturday, May 8, 8:30 a.m.; tour begins at 9 a.m. Depart: Castlewood, 10201 Ironbridge Road Admission is \$65.

Register by April 23

Details or to register: 777-9663

An 1840s Fourth of July

Chesterfield Historical Society Magnolia Grange, 10020 Ironbridge Road Sunday, July 4, 6:30 p.m. Details: 777-9663

Chesterfield County Fair

County Fairgrounds, 10300 Courthouse Road Friday, Aug. 27-Saturday, Sept. 4 www.chesterfield.gov

> Interested in fishing? See page 18 for information on a **Galyan's Fishing Workshop** with Woo Daves.

James River Days 2004

The James River Days is a series of events offering recreational, environmental and educational opportunities in, on and around the James River. Events are scheduled through September. About 150 programs and activities will be offered, including the Regional James River Cleanup on June 12.

Other programs include water adventures, such as kayaking, canoeing and tubing. Participants may take guided nature tours or choose from other guided recreational activities, such as fishing, hiking or rock climbing.

The "Diversity on the River Series" offers a variety of programs focused on the roles of minorities in the history of the James River. Events illustrating the river's colonial history and industrial beginnings also are scheduled.

Details: Information Line, 717-6724, or www.jamesriveradvisorycouncil.com

James River Regional Cleanup

This event is a cooperative cleanup spanning more than 50 miles of the James River. It is sponsored by the James River Advisory Council. Powerboaters, canoeists, kayakers, row boaters, hikers, waders and sorters all are needed to help in the cleanup effort. The coordination sites include Robious Landing and Dutch Gap Boat Landing, both in Chesterfield County; James River Park System (Reedy Creek), Richmond; Osborne Boat Landing, Henrico County; Maidens Landing, Powhatan County; and Cartersville, Cumberland County.

Saturday, June 12, 9 a.m.-1 p.m. **FREE** Details: Kim Conley, 717-6688, conleyk@chesterfield.gov or www.jamesriveradvisorycouncil.com

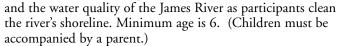
Friends of

Chesterfield's Riverfront

Details: 796-6091, or riverfronts@earthlink.net

River Program for Spanish-Speaking Families

This Spanish-language program will teach the history of the Dutch Gap Conservation Area



Saturday, May 15, 12:30-2:30 p.m. Details: Friends of Chesterfield's Riverfront, 796-1703

Programa la Naturaleza del Río James para familias hispanas.

Con este progama nos reuniremos en el Centro de Visitantes del Parque Henricus cerca a la Jefferson Davis Hwy (Ruta 1). Los invitamos a disfrutar de un día con nosotros! Totalmente gratis. Aprenderemos en español acerca de la naturaleza y la historia del Área de Conservación Dutch Gap. Limpiaremos el río mientras hablamos de los animales, las plantas, la historia y cómo proteger la calidad del agua. Bienvenidas todas las familias!

Desafortunadamente, sólo los niños mayores de 6 años pueden participar. Cada niño debe estar acompañado por un adulto. Sábado, 15 de mayo, 12:30 y 3:30 p.m. Más información llamando al 796-1703.

FRIENDS OF

RIVERFRONT

22 Special Events, Programs and Places

Henricus Historical Park

The earliest recorded history in Chesterfield County and the historic Richmond region comes to life at Henricus Historical Park where the second successful English settlement in the New World is being re-created. The compelling story is told through living history interpretations. Featured also is the culture of Virginia's Indians and Henricus' most famous resident, Pocahontas.

Details and to register: 706-1340

Planting Virginia's Future

Come experience the spring planting season as it would have been in the 17th century. Talk to the settlers in the Citie and learn about the trials of a hard winter and their relief as spring brings an end to their starving time. All ages.

Saturday and Sunday, April 24 and 25

Fee: Park Admission

The Battle of Osbourne's Landing

Learn about the life of a Revolutionary War soldier. See a display of artifacts discovered at the site of the 1781 engagement between Benedict Arnold and the Virginia State Navy. All ages.

Saturday, May 1, Noon-5 p.m.

Fee: Park Admission.

Musket, Sword and Pike

Experience a day in the life of the soldiers of Sir Thomas Dale's Militia. Visit with the soldiers in the Citie of Henricus; participate in a military drill; and see demonstrations of tactics, armor and weaponry used by the 17th century soldiers who built and protected Henricus. All ages.

Saturday, June 5, Noon-5 p.m.

Fee: Park Admission.

Flag Day

A commemoration at Henricus Historical Park,

251 Henricus Park Road.

Saturday, June 12, 10 a.m.-5 p.m. FREE

Details: 706-1340

The People of Pocahontas

Explore the culture of Virginia's first people at Henricus Historical Park. Learn about the skills that enabled the Virginia Indians to flourish and how sharing their knowledge ensured the colonists' chances for survival. All ages.

Saturday, July 10, Noon-5 p.m.

Fee: Park Admission (additional fee for craft activity)

Digging Butler's Ditch

The Union Army is digging Butler's Ditch at Henricus Historical Park! In 1864, Union troops under General Benjamin Butler began the arduous task of changing the course of the James River in order to avoid Confederate batteries. Participate in living-history demonstrations and activities conducted by Civil War reenactors as they bring this massive engineering project to life. All ages.

Saturday, Aug. 14, Noon-5 p.m.

Fee: Park Admission (additional fee for craft activity)

Pocahontas Performances Premiere Series: A Celebration of the Performing Arts

Join us at the Pocahontas Heritage Amphitheater for the sixth year of our popular performances. Cosponsored by the Chesterfield County Parks and Recreation Department and the Virginia Department of Conservation and Recreation, Pocahontas Performances will feature events the family will enjoy. Blankets or lawn chairs are recommended. Concessions available or bring a picnic. No alcohol or glass bottles.

Pocahontas State Park, Heritage Amphitheater

The Bebop Boogie & Blues Review

Richmond Jazz Society Inc. Saturday, May 15, 6 p.m.

\$7 per adult in advance; \$10 per adult on the day of the show Details: 796-4255

Richmond Symphony Concert

Friday, June 4, 7 p.m. (Rain date 6/5, 7 p.m.)

\$4 per-vehicle charge for parking Details: Dave Caras, 748-1132

Virginia Jazz

Saturday, June 12, 6 p.m.

\$7 per adult in advance; \$10 per adult on the day of the show Details: 796-4255

Choppin' Block Blues

Saturday, June 26, 6 p.m.

\$7 per adult in advance; \$10 per adult on the day of the show

Details: 796-4255

Beach Music: Pocahontas in Paradise

Saturday, July 10, 6 p.m.

\$7 per adult in advance; \$10 per adult on the day of the show

Details: 796-4255

Radio Disney Red, White and Blue Bash

Saturday, July 24, 5-9 p.m.

\$7 per adult in advance; \$10 per adult on the day of the show

Details: 796-4255

Bluegrass Mini-Fest

Saturday, Aug. 14, 6 p.m.

\$7 per adult in advance; \$10 per adult on the day of the show

FREE

Details: 796-4255

Quantico Marine Corps Band

Friday, Aug. 20

\$4 per-vehicle charge for parking

Details: Dave Caras, 748-1132

Page Wilson's Out of the Blue Stage Review: Live

Saturday, Aug. 28, 6 p.m.

\$7 per adult in advance; \$10 per adult on the day of the show Details: 796-4255

Richmond Symphony Concert

Friday, Sept. 19, 6 p.m. (Rain date 9/20, 7 p.m.) FREE

\$4 per-vehicle charge for parking

Details: Dave Caras, 748-1132

Sports

Tennis III

United States Professional Tennis Registry (USPTR) instructor teaches all classes. Bring your own racquet; balls provided. A minimum of four students is required per class. If any class is canceled due to weather, one make-up class will be scheduled. Register at least one week in advance.

\$35 per course

Beginner: Learn fundamentals, including basic strokes (forehand, backhand and serve). Rules, scoring and court etiquette covered.

Advanced Beginner: Practice hitting the ball where you want it to go! Stroke production emphasized and basic strategy covered.

Intermediate: Learn topspin and slice, plus play some doubles. Focus on shot placement and consistency.

Advanced Intermediate: Emphasis on clay court tennis, developing strategy, footwork and basic stroke production. Will also cover serve placement.

L.C. Bird High School Athletic Complex

10301 Courthouse Road Extension Details: Bill Carlson, 748-1128

Beginner Teen (Ages 13-17)

Saturdays, June 19-July 31, 8-9 a.m. Course #9508

Beginner Youth (Ages 8-12)

Saturdays, June 19-July 31, 10:15-11:15 a.m. Course #9509

Advanced Beginner Adult

Saturdays, June 19-July 31, 9-10 a.m. Course #9504

Intermediate Adult

Saturdays, June 19-July 31, 11:15 a.m.-12:15 p.m. Course #9513

Midlothian Middle School

13501 Midlothian Turnpike Details: Bill Carlson, 748-1128

Beginner Teen (Ages 13-17)

Tuesdays, June 8-July 13, 6:30-7:30 p.m. Course #9760 Tuesdays, June 8-July 13, 7:30-8:30 p.m. Course #9761 Wednesdays, June 9-July 14, 6:30-7:30 p.m. Course #9769

Advanced Beginner Adult

Wednesdays, June 9-July 14, 7:30-8:30 p.m. Course #9773

Intermediate Adult

Thursdays, June 10-July 15, 6:30-7:30 p.m. Course #9782

Karate 🛄

Learn the fundamentals of Okinawan Shorin Ryu-Style Karate. Classes will emphasize respect, honesty, dedication, motivation and honor. Includes stretching and exercise, blocks, strikes, kicks, sparring drills and self-defense. This coed class is for those 9 years old and older.

Midlothian Middle School, 13501 Midlothian Turnpike Details: Bill Carlson, 748-1128

Beginner:

Mondays and Wednesdays, 6:30-7:30 p.m.

May 10-June 14 \$50 Course #9755

Advanced:

Mondays and Wednesdays, 7:30-8:30 p.m.

May 10-June 14 \$50 Course #9756

The First Tee Chesterfield

The First Tee is located in Daniel Park at Iron Bridge and includes an 18-hole golf course, driving range with practice areas, and three-hole/par-three practice course. The facility provides affordable access to golf for all ages, with a special emphasis on youths. Details: 275-8050



Family Fairway Frenzy – Adult/Junior Tournament III

Enjoy a day of fun at First Tee. This tournament is designed to promote the game of golf among all ages. No experience is necessary. Fee includes cart, range balls, prizes and club rentals for children. Golfers may purchase a box for \$5 each. \$30 per adult/child pair Course #9867

Details: Kelly Hedley, 748-1122

Golf Lessons

These classes are designed for beginners who have minimal or no golf experience. Five, one-hour sessions will teach rules and golf skills. Written evaluations will be provided at the last session.

First Tee Golf Course, 6736 Hunting Creek Road

Tuesdays, 5:30-6:30 p.m.

June 1-June 29 \$30 Course #9514

Details: Bill Carlson, 748-1128



Registration begins Monday, April 26, 2004. See page 31 for details.

Sports

College Intramural Sports

The sports listed below are designed for college students. They are recreational in nature. Please present a student ID when registering.

Details: Kelly Hedley, 748-1122 or Hedleyk@chesterfield.gov

Summer

Soccer

Join this fun, coed league designed for the recreational soccer player! T-shirts are included in the league fee. This outdoor league plays on a regular-size field.

Outdoor coed, seven-on-seven

Clover Hill Complex

\$20 per player

Thursday nights, June 17-July 29

Course #9864

Sand Volleyball

This new volleyball league

is perfect for the summer months. Recreational coed volleyball plays two men and two women per team. Register with your friends to form a team, or register as an individual and teams will be formed.

Daniel Park at Iron Bridge Coed quad four-on-four sand volleyball \$20 per player

Wednesday nights,

June 23-Aug. 11

Course #9909

Are you looking for a summer camp for your child with special needs? See page 28 for details.

Fall

Basketball

Parks and Recreation is accepting registrations for individuals who wish to play recreational adult indoor basketball. Register with your friends to form a team or register as an individual and teams will be formed.

Five-on-five

Chester Middle School

\$33 per player (based on seven players per team)

Tuesday nights, Sept. 28-Nov. 16

Course #9865

Softball

Do you like to play softball? Recreational softball teams are now forming!

Coed softball play, five men and five women,

ASA rules, doubleheaders

Daniel Park at Iron Bridge

\$22 per player (based on 15 players per team)

Wednesday nights, Sept. 1-Oct. 13

Course #9862

Volleyball

Men and women are invited to join this action-packed, recreational league featuring 10 players on a team, playing six-on-six. The league offers coed, men's and women's teams. Manchester Middle School \$24 per player (based on 10 players per team) Sept. 27-Nov. 15 Coed, Wednesday nights Course #6746

Men, Monday nights Course #9910

Women, Wednesday nights Course #9868



Come explore this exciting new venue in Chesterfield County!

Summer Session for Indoor Soccer begins the week of May 24.

Register now for a 10-week session for only \$645 per team.



Recreational and competitive leagues, including co-ed, available for ages 6-adult.

Call 744-4600 or visit the Web at www.RISEIndoor.com

for details about summer soccer and baseball camps, lacrosse and field hockey leagues, birthday parties, corporate events, team building and more.

PAID ADVERTISEMENT

Summer Camps

Come Out and Play

This camp, for children 6-12 years old, includes sports, games, music, and arts and crafts. While longer hours will be available for summer-school participants, those students also must enroll in this program by calling the contact person below.

Special registration required. Do not use the form in this brochure. Please call the contact person listed below for the site you wish your child to attend.

Monday-Friday, 1-5 p.m.

\$30 per session July 5-16 July 19-Aug. 6 \$45 per session

Chalkley Elementary School, 3301 Turner Road

Details: Jackie Maclin, 748-1123

Bensley Elementary School, 6600 Strathmore Road

Details: Mark Pinney, 748-1992

Beulah Elementary School, 4216 Beulah Road

Details: Mark Pinney, 748-1992

Bellwood Elementary School, 9536 Dawnshire Road

Details: Mark Pinney, 748-1992

Ettrick Elementary School, 20910 Chesterfield Ave.

Details: Jackie Maclin, 748-1123

Harrowgate Elementary School, 15501 Harrowgate Road

Details: Jackie Maclin, 748-1123

Camp Chesterfield

A week of fun for youths, 6-12 years old, at Pocahontas State Park. Adult-supervised activities include nature programs, games, swimming, archery, arts and crafts, boating and catch-and-release fishing. Staff-tochild ratio is one-to-10. Bus service, included in fee, is provided from four locations. Please indicate bus stop on registration form. Staff is on duty to supervise children beginning at 7:30 a.m. and after drop-off until 5:30 p.m. (Note: No staff on duty at Pocahontas State Park bus stop. Parental supervision is required.) Information will be mailed.

Bus Stops for Camp Chesterfield pick up:

R. Garland Dodd Park, playground; Huguenot Park, Shelter 2, Early Settlers Road; Rockwood Park, playground; Daniel Park at Iron Bridge, playground; and Pocahontas State Park, no staff present Monday-Friday, 9 a.m.-3:30 p.m. (does not include travel time)

Date	Fee	Course #
June 28–July 2	\$112	8930
July 5–9	\$140	8931
July 19–23	\$140	8933
July 26–30	\$140	8934
Aug. 2-6	\$140	8935

Details: Noel Losen, 748-1129

Camp Red Tail Hawk

Go beyond a traditional day camp experience. Campers, 8-12 years old, will enjoy sports, games, arts and crafts, archery, rock climbing and nature activities.

Rockwood Park, Shelter 4, 3401 Courthouse Road

Date and Time	Fee	Course #
Monday-Friday, July 5-9, 8 a.mnoon	\$50	8926
Monday-Friday, July 12-16, 8 a.mnoon	\$50	8927
Monday-Friday, July 19-23, 8 a.mnoon	\$50	8928
Monday-Friday, July 26-30, 8 a.mnoon	\$50	8929
Monday-Friday, Aug. 2-6, 8 a.mnoon	\$50	8936
Details: Noel Losen, 748-1129		

Camp Crenshaw

Campers, 6-12 years old, will enjoy music, sports, arts and crafts, and games.

Crenshaw Elementary School, 11901 Bailey Bridge Road Monday-Friday, July 5-Aug. 6, 12:30-5 p.m. \$75 Course #8926 Details: Jackie Maclin, 748-1123

Nature Camps

Held at Rockwood Nature Center. Register at least one week in advance of course. To register, see page 31.

Rockwood Park, 3401 Courthouse Road

Monday-Friday, 9 a.m.-1 p.m. Details: Judy Brown, 745-7020

Summer Sprouts III

Campers who are 4-5 years old will enjoy hands-on nature exploration, hiking, games and creating cool nature-inspired works of art. Learn about trees, toads, snakes and insects. Campers may register for one course and choose a second to be wait-listed on.

June 21-25 \$65 Course #9360 July 5-9 \$65 Course #9361

World of Herps (Amphibians and Reptiles) 🞹

Curious about our local snakes? Absolutely fascinated with exotic frogs and lizards? Campers 8-12 years old will learn about our local herps through talks and hikes into their environment. There also will be opportunities to handle our resident herps. Our guest speaker will bring a variety of exotic specimens, some to touch, others to look at, but all fascinating.

June 28-July 2 Course #9378

Nature Nuts III

Participants, 5-7 years old, will unravel nature's secrets by hiking through forests, fields and wetlands. Campers can get buggy in the meadow, collecting and observing insects. Participants will tromp to the swamp, discover who lives at the edge of Gregory's Pond and meet Rockwood Nature Center's resident snakes, turtles and amphibians. All learning is enhanced by crafts and games.

July 12-16 Course #9371

Insect Investigators III

If bugs don't bug you and spiders don't scare you, then spend a fun-filled week seeking out six- and eight-legged creatures through games, crafts and hikes. Participants, 8-11 years old will make their own insect nets, create camp T-shirts and do other buggy crafts. Field trips and guest speakers will enhance campers' investigations.

July 19-23 Course #9356

NEW Bio Blitz at Rockwood Park TT

Be a detective and see what really lives and grows in Rockwood Park. Campers 10-13 years old will find and identify plants and animals in their habitats. Reptiles, amphibians, insects, mammals and birds-we'll find and count them all.

July 26-30 Course #9381

Summer Camps

Attention Teens!

Become a Camp Counselor in Training!

The Counselor-in-Training (CIT) program provides a growth experience for teens 13-17 years old who would like an introduction to the principles of leadership. Teens contribute to the various camp programs by working with staff to lead younger campers in various recreational activities. Daily schedules for CITs may be adjusted to accommodate special needs or interests. A mandatory training with camp staff will be scheduled.

Chalkley Elementary School

Details: Jackie Maclin, 748-1123

Ettrick and Harrowgate elementary schools

Details: Jackie Maclin, 748-1123

Bellwood, Beulah and Bensley elementary schools

Details: Mark Pinney, 748-1992

Come Out and Play CIT 🔟

Monday-Friday, 1–5 p.m. \$30 per course

Chalkley Elementary School, 3301 Turner Road

 July 5-16
 Course #9025

 July 19-Aug. 6
 Course #9026

Bensley Elementary School, 6600 Strathmore Road

 July 5-16
 Course #9021

 July 19-Aug. 6
 Course #9022

Beulah Elementary School, 4216 Beulah Road

July 5-16 Course #9028
July 19-Aug. 6 Course #9029

Bellwood Elementary School, 9536 Dawnshire Road

 July 5-16
 Course #9027

 July 19-Aug. 6
 Course #9030

Ettrick Elementary School, 20910 Chesterfield Ave.

 July 5-16
 Course #8987

 July 19-Aug. 6
 Course #8988

Harrowgate Elementary School, 15501 Harrowgate Road

July 19-Aug. 6

Course #8989

Course #8990

Camp Chesterfield CIT III

Pocahontas State Park

Monday-Friday, 9 a.m.-3 p.m.

Date Fee Course # June 28-July 2 \$32 8939 \$40 July 5-9 8940 \$40 8942 July 19-23 July 26-30 \$40 8943 Aug. 2-6 \$40 8944

Details: Noel Losen, 748-1129

Camp Crenshaw CIT III

Crenshaw Elementary School, 11901 Bailey Bridge Road

Monday-Friday, 1-5 p.m.

July 5-Aug. 6 \$30 Course #9359

Details: Jackie Maclin, 748-1123

Summer Teen Centers

County teens are invited to join us for a fun-filled summer. Activities may include billiards, basketball, video games, air hockey and field trips. Call the teen center site supervisor listed below for more details about a specific teen center.

FREE (fee for field trips)

July 5-Aug. 6

Clover Hill Area Teen Center

Rising-to-exiting middle-school students

On-site registration only

Swift Creek Middle School, 3700 Old Hundred Road South

Mondays-Fridays, 12:30-5:30 p.m.

Details: Jackie Maclin, 748-1123

Ettrick Teen Center

Youths 9-15 years old welcome.

Mayes-Colbert Ettrick Community Building, 20400 Laurel Road

Mondays-Thursdays and every other Friday, 1-6 p.m.

Details: Tonya Jones, 526-5596

Greenfield Teen Center

Middle- and high-school students (on-site registration) Greenfield Community Building, 221 Woodmont Drive Mondays-Thursdays, 2-6 p.m.; Fridays, 6-10 p.m.

Details: Mark Pinney, 748-1992

Dale Area Teen Center

Rising seventh-grade-10th grade students

Hening Elementary School, 5230 Chicora Drive

Mondays-Thursdays, noon-5 p.m. Details: Mark Pinney, 748-1992

Teen Adventure Camp

Teens who are 13-15 years old may experience different adventure activities, including surfing and kayaking at Virginia Beach and rock climbing at Great Falls Park.

Aug. 10-12, times vary \$120 Course #9032 Details: Noel Losen, 748-1129

Eco-Adventure Camp

Participants 12-14 years old will explore and learn about coastal Virginia. On day one, paddle the tidal waters of the Dutch Gap Conservation Area. On day two, paddle to the New Point Comfort Lighthouse, the third oldest lighthouse in the Chesapeake Bay. Use sit-on-top kayaks to paddle with the dolphins along the Atlantic coast.

Parks Maintenance Building

Tuesdays-Thursdays, 7a.m.-7 p.m.

June 29-July 1 \$120 Course #8906

Details: Mark Battista, 706-9690

Youth Adventure Camp III

Youths 10-12 years old experience different adventure activities, including hiking in Shenandoah National Park, kayaking in the North Bay and rock climbing at Great Falls Park.

June 22-24, times vary

\$120 Course #9031

Details: Noel Losen, 748-1129

Summer Camps

Learn to Ice Skate Camp III

Beginners to intermediates who are 5-17 years old will learn fundamentals using a variety of instruction at the recreational level and beyond. Cosponsored by Richmond Ice Zone. Snack and skate rentals included. On-ice and off-ice activities in a fun atmosphere. Register one week before class.

Richmond Ice Zone, 636 Johnston Willis Drive

Monday-Wednesday, June 28-30, 2:15-5 p.m. \$85 Course #8973 Monday-Friday, July 19-23, 2-6 p.m. \$100 Course #9547 Monday-Wednesday, Aug. 23-25, 2:15-5 p.m. \$85 Course #8974

Details: Bill Carlson, 748-1128

Horseback Riding Camp III

Learn riding fundamentals or improve on current skills. Participants will learn proper techniques in handling, mounting, dismounting, posting to the trot, diagonals and canter preparation. Wear long pants and heeled shoes. Minimum age is 8.

Hunter Lane Stables, 3578 Hunter Lane

Monday-Friday, 8:30 a.m.-12:30 p.m.

June 28-July 2 \$155 Course #9438

Details: Greg Velzy, 748-1124

Golf Camp/Youth III

Beginner golf classes introduce those 6-16 years old to fundamentals of golf, including grip, stance and swing. Participants will have the opportunity to learn golf course etiquette. Golf clubs and balls furnished.

Windy Hill Sports Complex, 16500 Midlothian Turnpike

Date and Time	Fee	Course #
Monday-Friday, July 5-9, 9-11 a.m.	\$100	8975
Monday-Friday, July 26-30, 9-11 a.m.	\$100	8976
Monday-Friday, Aug. 9-13, 2-4 a.m.	\$100	8848
Monday-Friday, Aug. 16-20, 9-11 a.m.	\$100	8977
Monday-Friday, Aug. 23-27, 2-4 a.m.	\$100	9447
Details: Bill Carlson, 748-1128		

Pee Wee Golf Camp

Little ones become familiar with, and develop a love of, the game. Learn the basics of grip, stance, swing, course rules and etiquette. Includes clubs and balls. For children 4-6 years old.

Windy Hill Sports Complex, 16500 Midlothian Turnpike

Date	Fee	Course #
July 5, 12,19, 10-11 a.m.	\$45	9534
July 6-8, 12:30-1:30 p.m.	\$45	9537
July 28-30, 8-9 a.m.	\$45	9538
Aug. 10-12, 8-9 a.m.	\$45	9539
Aug. 24-26, 8-9 a.m.	\$45	9540
Details: Bill Carlson, 748-1128		

Tennis Camp

Participants, 8-12 years old, will learn the fundamentals of tennis, including forehand, backhand and serve. Learn scoring and tennis-court etiquette. Taught by United States Professional Tennis Registry instructor. Bring tennis racquet; balls provided. Register one week before session.

Huguenot Park tennis courts (Shelter 2), Early Settlers Road Monday-Friday, July 12-16, 9-11:30 a.m. \$100 Course #8978 \$100 Monday-Friday, July 26-30, 9-11:30 a.m. Course #8979 Details: Bill Carlson, 748-1128

Around the World With Kindermusik® Camp

Kindermusik® instructor helps children 4-7 years old to experience music, movement and crafts with a multicultural theme. A different country's culture is featured daily. Snack provided, bring water bottle. Register one week before session (includes materials).

Huguenot Park tennis courts (Shelter 2), Early Settlers Road Monday-Friday, 9 a.m.-noon

Aug. 16-20 \$90 Course #8965

Details: Mark Pinney, 748-1992

Near-and-Far Kindermusik® Camp III

Kindermusik® instructor helps children 4-7 years old experience multicultural music, instruments, stories and arts and crafts. Ethnic snack included. Register one week before session (includes materials). Snack provided. Bring water bottle. Huguenot Park tennis courts (Shelter 2), Early Settlers Road Monday-Friday, 9 a.m.-noon

Aug. 23-27 \$90 Course #8967

Details: Mark Pinney, 748-1992

Music Camp III

Kindermusik® instructor introduces campers, 5-8 years old, to songs and basic instruction in piano, glockenspiel, recorder, dulcimer and percussion instruments. Children learn to read music and play simple songs on make-and-take-home instruments. Snack provided. Bring water bottle. Register one week before session.

Huguenot Park (Shelter 2), Early Settlers Road

Monday-Friday, Aug. 9-13, 9 am.-noon Course #8964

Details: Mark Pinney, 748-1992

Little House on the Prairie Camp

Exploration of the Laura Ingalls Wilder book series, Little House on the Prairie. Activities include square dancing, simple sewing, crafts and role play. The camp, which offers the culture and history of the period, is for participants who are 8-12 years old. Bon Air United Methodist Church, 1645 Buford Road June 28-July 2, 10 a.m.-3 p.m. \$65 Course #8972 Details: Mark Pinney, 748-1992

Clown Camp

This camp provides an introduction to clowning for youths 9-12 years old. Campers will learn principles of clown makeup, juggling, magic, balloon animals and parade participation, and develop their own costumes.

Manchester Middle School, 7401 Hull Street Road Monday-Friday, July 12-16, 12:30-4:30 p.m. \$70 Course #8937 Details: Mark Pinney, 748-1992

Tennis Camp – Munchkin TT

Youths learn to develop agility, hand-eye coordination, motor skills and ball handling from a certified United States Professional Tennis Registry (USPTR) instructor. On-court games, drills and instruction. Bring a junior racket; balls provided. Ages 5-7. Register one week before session. Huguenot Park tennis courts (Shelter 2), Early Settlers Road Monday-Friday, July 5-9, 9-11:30 a.m. \$100 Course #8963 Details: Bill Carlson, 748-1128

Therapeutic Recreation

For details on Therapeutic Recreation programs, please call Erika de Witt, 751-4134.

Summer Adventures Youth Camp

This new, one-week camp is offered to youths, 6-12 years old, with mental retardation. Prerequisite skills: tolerance of group activities and outings.

Manchester High School, 12601 Bailey Bridge Road Monday-Thursday, 12:30-5 p.m.

June 28-July 1 \$30 Course #9392

G.I.F.T.S. — "Giving Individuals a Future Through Skills"

Chesterfield County Parks and Recreation is excited to be a new cosponsor to G.I.F.T.S., a central Virginia non-profit organization for children 6-15 years old with Asperger's syndrome, high-functioning autism, sensory-processing disorders, attention-deficit disorder, developmental delays, or other focus or social-skill deficits. Children must be verbal and of average intelligence. This program is not designed for children with significant non-compliant or aggressive behaviors. A typical camp session will include the Sports Vision and Alert programs, drama, music, hands-on arts and crafts, and service-learning projects.

Summer Camps at Clover Hill

Clover Hill High School, 13900 Hull Street July 12–15, July 26–29, Aug. 2-5 \$125 per week 9 a.m.-noon.

Details and to register: Tim Holt, 639-9895

Summer Camps at Swift Creek

Swift Creek Middle School, 3700 Old Hundred Road, South Aug. 9-12, 9 a.m.-noon \$125 per week Details and to register: Cris Elmore, 639-9895

Challenge Course Challenge

Come challenge yourself at the Chesterfield County Challenge Course! Participants with disabilities are invited to increase self-confidence and initiative, as well as improve communication skills and group dynamics through various low and wired elements. All participants must be ambulatory and willing to participate. Enthusiastic volunteers are needed.

Chesterfield County Challenge Course, Camp Baker, Beach Road Register at least three weeks in advance.

Ages 11-15

Wednesday, Aug. 11, 9 a.m.-1 p.m. \$12 Course #9800 Ages 16-21 Thursday, Aug. 12, 9 a.m.-1 p.m. \$12 Course #9801 Ages 22 and older Friday, Aug. 13, 9 a.m.-1 p.m. \$12 Course #9803

Crafts

Try your hand at crafts and fun times, at the Bon Air Library, 9103 Rattlesnake Road.

Ceramics Craft

Join us and an instructor from All Fired Up in decorating a piece of pottery that will need to be picked up after it is fired. For children 8-17 years old with physical or mental disabilities. Participants must be accompanied by an adult during class. Register by May 5.

Wednesday, May 12, 5:30-6:30 p.m. \$15 Course #9375



This couple enjoyed dancing the night away at a recent TGIF event.

TGIF

Chesterfield County Parks and Recreation is teaming up with Henrico Division of Parks and Recreation to bring you T.G.I.F.! Every first Friday of the month, survivors of brain injury who are 18 years old and older will meet for a social event. If you enjoy dining, dancing and having fun with good friends, you'll want to be a part of T.G.I.F.

Special Olympics

Athletes, 8 years old and older, with mental retardation or cognitive delay, are invited to register for participation in Special Olympics. SOVA Chesterfield County offers a variety of sports, including roller skating, snow skiing, golf, ice skating, track and field, aquatics and tennis. Also offered are unified (partnered) team sports, such as soccer, volleyball, basketball, softball and bowling. Unified Sports is an inclusive program that pairs an athlete with mental disabilities with a peer without disabilities on a team to train and compete. Skills training is offered in golf, volleyball, basketball, soccer, skiing, swimming, tennis and roller skating.

Wait. There's more!

Don't forget there are other activities listed in this publication that are available to you.

Take a look through the Program Guide to see what you might like to try. Assistance or accommodations may be available for people with disabilities.

Details: Erika de Witt at 751-4134

Recreation Supervisors, Leaders and Therapeutic Recreation Staff:

Chesterfield County Parks and Recreation is seeking individuals to supervise children during our summer drop-in recreation programs. Salary range varies with qualifications and experience. Details: 748-1132

Specialized Class Instructors:

Instructors and volunteers are needed to lead and instruct preschoolers, youths, teens, adults, senior adults and individuals with disabilities in recreational activities and classes in dance, health, fitness, crafts and hobbies.

Details: 748-1132

Touch-Tone Registration

Want a quick, easy, convenient way to register for programs? You got it!

Use Touch-Tone Registration to register for most courses, programs and activities, any hour of the day or night, seven days a week. With today's increasing demands on family time, Parks and Recreation offers our customers a quick and easy way to register. All it takes is your phone, your Parks and Recreation account card (call 748-1623 to get one) and your MasterCard, VISA, or VISA/MasterCard debit card number.

To get a Parks and Recreation Account Card

Complete the form below and fax it to us: (804) 751-4131. Or mail it to us: Chesterfield County Parks and Recreation, P.O. Box 40, Chesterfield, VA 23832. Need special assistance? Call (804) 748-1623.

Or fax completed form to (804) 751-4131.

Find the TT button!

TOUCH-TONE

Whenever you see this symbol next to a program, it indicates that you can use our easy, Touch-Tone Registration process.



Here's how it works:

- 1. Phone (804) 768-7722.
- 2. Press "1" for the registration menu.
- 3. Press "1" again to register.
- 4. Enter the "Personal Barcode Number" (from your Parks and Recreation account card) for the person you want to register.
- 5. Enter the "Family PIN" (from your Parks and Recreation account card).
- 6. Enter the "Course Number" (from Parks and Recreation's Program Guide).
- 7. Enter your VISA, MasterCard or debit card information.

It's that easy!
You'll receive confirmation by mail.

* required

information I

Address City					
Home Phone	Work Phone		E-mail		
☐ Current Customer ☐ N	lew Customer	Chesterfiel	d County R	esident: 🗖 Yes 🏻	⊒ No
Please list all family mem	bers				
Last Name		First Name		Date of Birth* Mo/Day/Yr	Se

APPLICATION FORM FOR TOLICH-TONE ACCOUNT

Other Information

Employment Opportunities

Recreation Supervisors, Leaders and Therapeutic Recreation Staff:

Chesterfield County Parks and Recreation is seeking individuals to supervise children during our summer drop-in recreation programs. Salary range varies with qualifications and experience. Details: Dave Caras, 748-1132

Specialized Class Instructors:

Instructors and volunteers are needed to lead and instruct preschoolers, youths, teens, adults, senior adults and individuals with disabilities in recreational activities and classes in dance, health, fitness, crafts and hobbies.

Details: Dave Caras, 748-1132

Adverse Weather Hot Line 748-1001

Field Closings and Facility Closings

Field Closings: Decisions regarding weekday field closings due to weather conditions are not made until 4 p.m. weekdays. Decisions regarding games at outdoor school sites are made by league commissioners.

Facility Closings: If you are not sure about the status of a facility or activity, first call the hot line, then try the appropriate staff, and then Parks and Recreation at 748-1623.

Facility Reservation Information

Bensley Community Building: 275-5321 Ettrick Community Building: 526-5596 Fairgrounds/Exhibition Hall: 748-1126 Horseback Riding Rings: 748-1126

Picnic Shelters: 751-4696

Picnic Shelter Reservations

Picnic shelters may be reserved after Jan. 1 each year. Reservations are available from mid-March through mid-November. Shelters may be reserved from 9 a.m.-2 p.m., 3-8 p.m. or 9 a.m.-8 p.m. Shelters can hold up to 150 people each. Please contact us for events that will include more people. Fees range from \$40 to \$90. Special activities and events at the shelters require additional approval. For shelter reservations, call (804) 751-4696 or access a shelter reservation form at www.chesterfield.gov.

Picnic shelters are available at these locations:

Daniel Park at Iron Bridge Dodd Park at Point of Rocks Ettrick Park Goyne Park

Harrowgate Park Huguenot Park Robious Landing Park Rockwood Park



How to Reach Us

The department administration building, located at 6801 Mimms Loop, is open from 8:30 a.m. to 5 p.m., Monday through Friday, except on government holidays.

(804) 748-1623; TDD - (804) 748-1127 www.chesterfield.gov

Parks Numbers

If you have a question about a specific park, you can call that park directly from 7 a.m. to 3:30 p.m.

Main Parks Office 748-1624 (8 a.m.-5 p.m.) Dodd Park at Point of Rocks 530-2459

Huguenot Park 323-1700 Daniel Park at Iron Bridge 271-7554 Rockwood Park 276-6661

After-Hours Parks and Recreation Assistance After working hours or on weekends, call 748-1624.

Parks and Recreation Advisory Commission (PRAC)

The Parks and Recreation AdvisoryCommission (PRAC) provides a link between the community and the Parks and Recreation department. The PRAC has two representatives from each magisterial district and one from the School Board. The county Board of Supervisors appoints members to the PRAC for four-year terms. The commission meets monthly to hear concerns, discuss issues and provide input to the department about the operation of parks and recreation services. Citizens are welcome at the meetings, held the first Thursday of each month at 7 p.m., at the Central Library For more information, contact the department at 748-1623.

Commission Members

Bermuda District Matoaca District Timothy Mick Tim Russell **Jack Griffin** Earl Gee

Clover Hill District Midlothian District Frank McDavid Ron Maxev

Terry Minor Hadi Yazdan Panah

Dale District School Board Representative Dennis Harding Lynn Crump, Chairman **Bob Terrell**

Nondiscrimination/Inclusion Statement

The Chesterfield County Parks and Recreation Department provides opportunities and recreation programs that are open and accessible to all citizens in the county regardless of sex, religion, socioeconomic status or level of physical or mental ability.

Please give us at least three weeks notice prior to the course or program start date to make reasonable accommodations. An abbreviated version of this brochure is available on audiocassette by calling 748-1623, (TDD) (804) 748-1127.

Registration begins Monday, April 26, 2004

Registration Information

Courses are filled on a first-come, first-served basis. A receipt represents a completed registration. The county charges \$25 for returned checks.

Refunds

Refunds are made when courses are full or canceled. If a change in day, time or location prohibits you from attending, we will be happy to refund your fee. Simply mail your written request at least one week prior to the start of the program.

We guarantee your satisfaction!

If after taking a course, you were dissatisfied with it, you may either transfer to another course or request a refund. Just notify us in writing within one week of the end of the course.

How To Register



By Mail: Complete form below and attach payment or credit card information. No cash, please.



In Person: The Parks and Recreation Administration Building is open weekdays, 8:30 a.m.–5 p.m., and is located at 6801 Mimms Loop in the Chesterfield Government Center.



Drop In: Drop registration form with payment (no cash) in the mail slot at the Parks and Recreation Administration Building.



By Phone: Call (804)748-1623. Have credit card information ready or use Touch-Tone Registration. See page 29.



By Fax: Fax form with credit card information to (804)751-4131.

Addit Name					_ DOB_		
Address							
City	_ State	Zip)				
Home Phone Work Phone_			E-mail				
Participant Name	Date of Birth Mo/Day/Yr	x Activity Name	Course Number	Activity Location	Start Date	Start Time	
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313							
S SIGNATURE							
CARD NUMBER SIGNATURE Mail registration form at Parks and Recreation D. P.O. Box 40 Chesterfield, VA 23832	(8)	one Numbers 04) 748-1623 04) 748-1127 TDD 04) 751-4131 FAX		Make che Chesterfie	cks payab eld County	le to: Treasure	







Chesterfield County Parks and Recreation

P.O. Box 40, Chesterfield, Virginia 23832